

SALINE IRRIGATION / RINSE



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INSTRUCTIONS:

1) Combine:

8 oz of distilled water

1 salt packet

* warm up in the microwave for 10-15 seconds in the NeilMed bottle without the Top.

2) While in the shower or over the sink, tilt your head forward to your chest at a comfortable level. Put the tip of the NeilMed bottle in one of your nostrils. Gently squeeze half the bottle in one nostril (blow out of the opposite nostril while you are squeezing) and then repeat the process in the other nostril. The fluid will circulate in and out of your sinus cavities and come out of the nostril that is being blown.

3) Perform saline irrigations TWICE daily.

