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Sinus Rinses

Taking care of your nose is important in managing sinonasal inflammatory conditions (sinusitis) and for optimal recovery following nasal or sinus surgery. The main stay of management of sinus cavities comes from the use of saline irrigations to clean the cavities and also deliver medications to the sinus cavities effectively. This sheet provides you with some simple instructions for the use of the rinses, the use may vary depending on the condition and the patient factors. Please contact Dr Siva's rooms if you need any further details.



1. Fill the bottle to the marked line with sterile water. Sterile water can be made by **boiling the water and then allowing it to cool to body temperature (37 degrees)** (It is important to use sterile water to minimise the risk of infections such as *Naegleria fowleri*)

2. **Add the sachet of salt** (Sodium Chloride) to the bottle to make it an isotonic saline solution. (It is important to use the salt as it makes the solution less irritative to the sinus and nasal lining)

3. Sachet of salt can be purchased from any chemist by showing your bottle. You can also make your own salt sachets however this is not always advisable.

4. If you need to add any further ingredients to the solution such as Pulmicort, add that at this stage and shake the bottle well. (You will be advised by Dr Siva if you need any further medications to be added)

5. Wash your hands with soap. Stand with your head over a sink or in the shower and gently tilt your head to one side.

6. Using the squeeze bottle, squeeze the saline solution slowly into the upper nostril. The **aim is to gently fill the sinus cavities** and then get the solution to come out the back of the nose through the mouth or through the opposite nostril

7. Allow the solution to pour out of your nostril and the mouth and try to breathe through your mouth and not the nose at this stage.

8. Repeat the steps on the other nostril.

9. If the saline solution is running to the back of your throat quickly, then re-adjust your head position to find a better angle to allow the saline solution to enter the sinus cavities more.

10. Once done, gently blow the nose and clear out any mucus.

11. Turn your head to both directions and tilt to empty out any solution from the sinus cavities to prevent the leakage at a later stage.



The following link to a video (by NeilMed) in YouTube explains the process further: <https://youtu.be/DYZDeiOVJx0>

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