

Saline Nasal Douching

Washing salt water into or through your nostrils can help many nasal problems. It is useful for cleaning the nose when crusty and can help clear the nose after surgery.

Salt water can be made at home and there are several well known recipes.

To a pint of previously boiled water add a level tablespoon of simple table salt and a level teaspoon of bicarbonate of soda (baking soda). Allow the mixture to cool and either use a syringe to wash into the nose or snort or pour into the nose from a shallow cup or saucer.

Proprietary mixtures of salt water might be better or easier to use. NeilMed sinus rinse is a good method of washing through the nose. A plastic bottle or a teapot like jug can be used with the special sachets of salt. These can be bought over the internet direct, or via Amazon, or most chemist shops can order this if not stocked.

Sterimar is readily available at many chemists and is a salt water aerosol that is easy to spray up the nose.

Douching or washing can be done as often as required. Usually if the nose is blocked once or twice a day might be sufficient

Douching can help after nasal operations and will help control blockage from rhinitis and nasal polyps. Douching may also help to clear infection in sinusitis.