
HYPERTONIC SALINE NASAL IRRIGATION FOR LARGE BONE ORBITAL DECOMPRESSION

The Benefits

1. When you irrigate, the hypertonic saline (saltwater) acts as a solvent and washes the mucus crusts and other debris from your nose.
2. The higher salt concentration pulls fluid out of the swollen membranes and shrinks them. This decongests and improves the airflow into your nose. The sinus passages begin to open.
3. Studies have also shown that high concentration saltwater improves cell function and mucus clearance. Iodine in table salt and preservatives in over the counter saline sprays decrease mucus clearance.

The Recipe

- Use a one-quart glass jar that is thoroughly cleaned.
- Fill with tap water. You do not need to boil the water. You may use bottled water.
- Add 2-3 heaping teaspoons of pickling/canning salt, NOT table salt.
- Add 2-3 teaspoons Arm & Hammer Baking Soda (pure bicarbonate).

Mix ingredients together and store in refrigerator. Discard after 2 weeks. If you find this solution too strong, you may decrease the amount of salt by half. With children it is often best to start with a milder solution and advance slowly.

The Instructions

You should plan to irrigate your nose with hypertonic saline at least 2 to 3 times per day. You may use a bulb/ear syringe or water pik with irrigation tip. You may want to place the solution into a pump spray container such as a store bought nasal saline squirt bottle. Squirt several times into each side of the nose. You might want to warm the solution slightly. Be sure that the solution is NOT HOT. Stand over the sink (some people do this in the shower) and squirt the solution into each side of your nose aiming the stream toward the back of your head, NOT the top of your head. This allows you to spit the saltwater out of your mouth. It will not harm you if you swallow a little.

In children it is much easier to do this in a sitting or standing position, not lying down.

If you have been told to use nasal steroid such as Flonase or Nasonex, you should always use hypertonic saline solution first and then use your nasal steroid product. The nasal steroid is much more effective when sprayed onto clean nasal membranes and the steroid medicine will reach deeper into the nose.

Many people experience a little burning sensation the first few times they use hypertonic saline solution, but this usually goes away after a few uses.