



FARMINGTON
EAR, NOSE & THROAT



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POSTOPERATIVE INSTRUCTIONS FOR NASAL IRRIGATION

This procedure will help remove crusts, mucous and other material from the nose. Irrigation will reduce the risk of infection and allow you to breathe more comfortably.

Equipment Needed:

Clean enema bag set with straight tip or a nasal irrigation bottle.

Warm normal saline solution. Make the solution according to the directions provided below.

Have a thermometer handy to check the temperature, which should be 98.6-100 degrees Fahrenheit.

Use a plastic sheet, apron or towels to protect your clothing while irrigation.

Basin or sink area for collecting used irrigating solution and secretions.

How to make normal saline irrigation solution

You will need:

- A clean 1 quart glass jar with a well-fitting cap.
- Pickling/Canning Salt
- Baking soda
- Teaspoon

To make solution:

1. Rinse out the quart jar with water and fill with previously boiled tap water, distilled or bottled water.
2. Add 2-3 heaping teaspoons of pickling/canning salt. DO NOT use table salt as it contains many undesirable additives.
3. Add 1 rounded teaspoon of baking soda (pure bicarbonate).
4. Shake the solution until the salt dissolved.
5. If the solution seems too strong decrease the amount of salt added to 1 ½ -2 teaspoons. With children it is often best to start with the weaker solution and advance to 2-3 heaping teaspoons (or whatever the child will accept).

How to make ¼% (0.25%) Acetic Acid Solution (Used for cleaning the enema set)

You will need:

- A clean 1 liter plastic bottle with a well-fitting cap
- Plain white vinegar found in any grocery store
- A small measuring cup or bottle

To make the solution:

1. Rinse out the liter bottle with water
2. Measure out 1 ½ ounce (50milliliters) of the vinegar and pour it into the liter bottle.
3. Fill the plastic liter bottle with tap water up to the liter mark. Four cups and 1 ounce of water is about equal to one liter or 1,000 cc.
4. Put the top on the liter bottle and shake it until the solution is well mixed.

Instructions

Rationale

1. Wash your hands.
2. Fill the bottle **OR** bag with warm saline, (clamp off tubing and hang enema bag as high as possible above the sink basin.
3. If using an enema bag, attach straight tip to enema tubing.
4. Bend forward over the sink or basin, keeping chin resting against chest.
5. Insert the tip about ½-1 inch into the nostril. If using bag unclasp tubing and allow stream of saline to wash through the nose. Alternate nostrils until the return irrigation is clear. If using bottle to irrigate.
6. Rinse the irrigation system with acetic acid, by running the solution through the bag.

To facilitate swift, steady stream from tubing.

This will prevent you breathing the solution or getting it into the Eustachian tube*. (The Eustachian tube* connects the middle ear with the back of the nose and serves to equalize ear pressure. There is one tube on each side of the head).

Use a quart of normal saline 4-5 times a day. Do each side equally, 1/2 volume each setting.

This disinfects the irrigation set.

Some Do's and Do NOT's About Irrigating

- Do keep your mouth open and breathe rhythmically through your mouth. This prevents the irrigating solution from coming back through the nose.
- Do remove the irrigation tip from your nostril if you have to sneeze or cough. Taking the irrigating tip out will prevent accidental injury to the nose.
- Don't speak or swallow during the irrigation. This can change pressure within your ears or nose and could cause infectious material to be drawn into the sinuses or Eustachian tube.
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Please call the office if you have any problems or questions. After hours, you can reach me through the hospital switchboard at 573-756-6451.