



Sinus Rinse Information

Using a sinus rinse helps your nose heal after sinus surgery. With correct technique, the solution gently flows through your nose and sinuses, then out the other side of your nose into a basin.

You can start rinsing your nose two days after surgery, using a sinus rinse bottle. The rinse should be done at least four times per day, using a bottle of rinse solution on each side.

Initially it may not feel as though it is passing into your nose, as you may have packing or blood clot present. With time this will loosen up and the solution will pass more freely. You can gently blow your nose after rinsing, to clear any remaining fluid. Vigorous nose-blowing should be avoided.

The sinus rinse is done with a salt solution or xylitol. You may have been given a sinus rinse bottle after your surgery, or it can be purchased from most pharmacies. You can use pre-mixed sachets of salt (typically *NeilMed* or *FLO CRS*), or you can mix up your own solution as follows:

Salt Solution

Combine a 50:50 mix of sea salt and baking soda into a sealable jar, and place half a teaspoon of this mixture into each bottle. Fill the bottle with warm water.

Xylitol

Xylitol can be obtained from most health food shops. It is a sugar that neither your cells or bacterial cells can metabolise. It tastes sweet. Three level teaspoons can be added to each sinus bottle. It is more difficult to dissolve than salt, so ensure you shake the bottle well. It does have some antibacterial and moistening effects which may be of benefit over salt, although some people dislike the sweet taste and prefer to use salt.

The Sinus Rinse bottle should be rinsed with hot water and allowed to dry after each use (store bottle inverted so it can drain). Every three days sterilise the bottle by soaking it in *Milton's Solution* (tablets can be bought from your pharmacy). The bottle should be discarded and a new one purchased every two months.

