

**HYPERTONIC  
SALINE  
NASAL WASH**

We at *Ear, Nose, and Throat Associates of Worcester, Inc.* are always looking for simpler low cost ways to improve your health naturally.

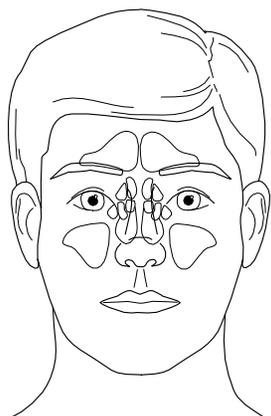
***Marshall J. Zamansky, M.D.  
Stephen R. Kurland, M.D.  
Christopher C. Charon, M.D.***

*Ear, Nose, and Throat Associates of  
Worcester, Inc.*

## ***Hypertonic Saline Nasal Wash***

Your nose and sinuses work best if they are clean, moist and free of crusts.

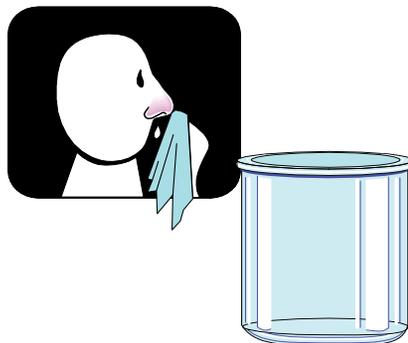
Air pollution, nasal allergies, sinusitis, nasal polyps and surgery are among numerous causes that result in crusting and blockage and irritation of the nose and sinuses.



To help soften and remove these crusts, *Ear, Nose, and Throat Associates of Worcester* recommends regular cleansing of the nose with a *Natural Hypertonic Saline*.

*This solution is available commercially but can easily be made at home.*

## ***Recipe for Hypertonic Saline Nasal Wash:***



### **We have 2 recipes:**

**FOR MILD CONGESTION** and crusting.

1/4 teaspoon baking soda

1/2 teaspoon of Non-Iodized Salt  
(pickling salt, kosher salt, sea salt)

in

1 Cup Warm Water

**FOR SEVERE CONGESTION** and/or crusting such as the kind that occurs after nasal or sinus surgery try this more concentrated irrigation in higher volumes:

3 Tablespoons of Non-Iodized Salt  
(pickling salt, kosher salt, sea salt)

in

1 Quart Warm Water

### **To Use:**

- Spray into each side of the nose with an infant bulb syringe (obtainable at most drugstores).
- Lean over a sink or wash basin and allow the saline to flow out of your nose and mouth. Some people prefer to do this in the shower.

### **How much do I use at one time?**

For **mild congestion** and crusting use the **first recipe**, and use about 1 cup each time you irrigate your nose.

For **severe congestion** and crusting, use the **second recipe**, and use about 1 quart each time you irrigate your nose.

After **sinus surgery** irrigate your nose 3-4 times per day using the **second recipe**.

To help **prevent sinusitis** use the irrigation once a day during the seasons when you are prone to sinusitis.

To **treat sinusitis** use the irrigation twice a day until symptoms resolve.

Your sinuses will thank you and you will feel much improved!