



POSTOPERATIVE NASAL IRRIGATION PATIENT INSTRUCTIONS

It takes four to six weeks for you to heal from surgery. It is important that all blood and debris be removed from the nose to promote proper healing. Therefore, it is important that you become involved in your own recovery by irrigating your nose daily in the following manner.

1. Obtain an adult size soft ear bulb syringe from your pharmacy.
2. Mix one teaspoon of sea salt, 1/4 teaspoon of baking soda, and 2 teaspoons white vinegar in two cups of warm boiled or distilled water.
3. Draw up solution into bulb syringe and irrigate one nostril at a time.
4. Standing over a sink bend head forward and instill a bulb full of solution into a nostril.
5. Let the solution run into the sink from your nose. Some of the solution may come out of your mouth. Flushing may be done vigorously with two bulbs full in each nostril.
6. After you irrigate, bend down and turn your head to each side all the water to run out. Then gently blow your nose.
7. Perform the nasal irrigation three to four times per day until your doctor tells you to stop.

After one to two weeks the nasal return will usually become clear but some crusting and discolored debris may persist.

If you have any questions, please call the nurse in the outpatient ENT Service Area at (708) 216-4556, Monday through Friday, 8:30 a.m. to 5:00 p.m.

If questions arise after 5:00 p.m. or on the weekend, please call (708) 216-9000 Foster G. McGaw Hospital and ask for the ENT resident on call or (708) 216-8000 the Loyola Physicians Answering Service.