

### **Websites of Interest**

- [www.MedLinePlus.gov](http://www.MedLinePlus.gov)
- [www.ENT.org](http://www.ENT.org)

### **About Our Group:**

Ear Nose and Throat Consultants of Nevada (ENTC) represents a state of the art practice dedicated to the diagnosis and treatment of diseases of the head and neck and related structures (the medical specialty of otolaryngology).

ENTC is the largest ear, nose and throat specialty practice in the entire southwest desert. ENTC provides a comprehensive and unique capability to evaluate and treat disorders in this field of health care.

The mission of ENTC, since its inception, has been to provide excellent care for patients and to accomplish this within a friendly, caring atmosphere. The physicians of ENTC comprise a group of dedicated and highly trained specialists with a tradition of service excellence in Nevada for the last five decades. Additionally, difficult cases are frequently discussed at regular group meetings so that these patients receive the benefit of opinions from 8 or 9 physicians.

Finally, ENTC is a dynamic organization keeping pace with technological and informational progress in otolaryngology for the benefit of its patients and referring physicians.

**[www.entc.com](http://www.entc.com)**  
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# **NASAL SALINE IRRIGATION**

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## **Nasal Saline Irrigation**

Nasal lavage is a healthy soothing treatment for all nasal complaints including sinusitis, crusting, minor bleeding, allergies, etc. It can be done several times each day as needed for cleansing. Especially here in the Mojave Desert with the dry air and fine particle dust, it is most beneficial. It helps both new residents as well as those who have lived here for years.

Saline spray can be very helpful, but often it is not sufficient. Sometimes irrigation is necessary.

The benefits of saline irrigation are threefold.

1. The solution acts as a solvent to clean mucus, crusts and other debris from the nasal passage.
2. The solution decongests the nose. Because of the salt concentration fluid is pulled out of the mucus membrane, making the tissues shrink. This improves nasal airflow and open sinus passages.
3. The solution improves nasal drainage. Studies have shown that saltwater cleansing of the nasal membranes improves ciliary beating so that normal mucus is transporting from the sinuses through the nose into the throat.
4. If you are using a nasal steroid, such as Nasonex, Vermist or Flonase, cleanse the nose first with the saltwater before using your nasal spray.

The nasal steroid is most effective when sprayed onto clean nasal membranes, and it reached deeper into the nose after cleansing and decongesting.

## **Balanced Salt Solution (Make up fresh each time)**

The formula we recommend is:

- 1 level teaspoon salt plus 1 level teaspoon Arm & Hammer Baking Soda
- Add to 1-quart (1 L.) warm water

- Or -

- 1/4 teaspoon salt and 1/4 teaspoon Arm & Hammer Baking Soda
- Add to 1-cup (8 oz.) warm water

Use as sniff, spray or in larger quantities - Sinus Rinse Kit, bulb syringe or Waterpik with nasal adapter.

We recommend using warm water as it is much more comfortable. The amount of salt used will depend on your tolerance. Sea Salt or table salt can be used.

As there is no preservative, make the solution fresh each time.

### **Items available for purchase at the office:**

- Sinus Rinse Kit (NeilMed)
- Rhinaris Spray (Moisturizing Spray)
- Rhinaris Gel (Moisturizing Ointment)

Many others available at your pharmacy. Examples:

- Ayr Gel
- Ayr Spray
- Ocean Mist
- Saline Spray