**INSTRUCTIONS FOR NASAL IRRIGATION**

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Nasal irrigation is quite helpful in cleansing the nose either routinely or post-operatively, and in diluting bacterial and viral populations in the mucosa. It may be done as frequently as you wish.

* Add one teaspoon of baking soda and one teaspoon of salt in a large glass of BODY TEMPERATURE tap water.
* After filling a bulb syringe, lean your head over a sink and separately irrigate each nostril.
* If the irrigation is too forceful, the solution will go down your throat. If the irrigation is not forceful enough, the solution will only run out the tip of the bulb syringe. If it is sufficient, a fluid head will develop that will irrigate the entire nose as it flows out of your nostril.