

# Nasal Rinsing

Information for patients, parents and carers

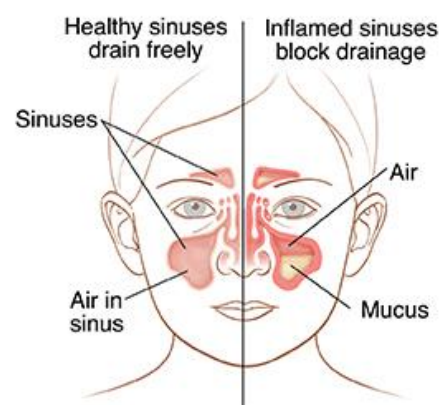
## What is it?

It is a simple procedure that requires you to pass a saline (salt and water) solution into your nostrils to help clear mucus and hydrate thick secretions.

## Why do it?

Your nasal passages (sinuses) warm and humidify the air as you breathe which makes it much easier for it to move through your airways. They also trap and filter any dirt or bacteria from the air to stop these going into your lungs.

If the mucus within your sinuses builds up it will be more difficult for you to breathe through your nose and you could begin to lose your sense of smell or develop a sinus infection.



## How do I make saline solution?

Place 1 flat teaspoon of salt and 1 flat teaspoon of Bicarbonate of soda (optional) into the bottle (you will have been given this by your Physiotherapist) and add cooled boiled water up to the line. Shake until the salts have all dissolved.

### To use the solution:

- Bend over the sink and tilt your head to the side
- Keep your mouth open and don't hold your breath
- Place the bottle to your uppermost nostril and squeeze the solution gently. It should run out the nostril closest to sink. To avoid the liquid going down your throat, make the sound of the capital K letter as you do it
- Blow your nose gently.

Repeat this to both nostrils as advised by your Physiotherapist. If there is any remaining solution you can gargle with it and spit it out. This will clean the space at the back of your nose. Do not swallow the salty solution.

## Further information

If you have any further questions please contact:

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