

Nasal douches and steam inhalations

What is a nasal douche?

Your doctor may advise this treatment:

- to help remove crusts and clots from your nose following your operation
- for sinus symptoms and nasal allergies
- for dryness in your nose.

For this treatment, you can make up a solution of:

- one pint (half a litre) of water (boil and cool tap water before use)
- half a teaspoon of salt
- half a teaspoon of sodium bicarbonate (as used for cooking).

Fill a spoon or palm of your hand with solution. Block one nostril, and sniff the solution up the other. Repeat for the other nostril. Do this three to four times a day for one week.

Alternatively, you can:

- buy proprietary preparations from a pharmacy – two products we use are: Sterimar and NeilMed Sinus Rinse
- use steam inhalations – for this treatment, use a bowl of very hot water with a towel over your head to keep the vapour in.

Disclaimer

This information does not constitute health or medical advice and will not necessarily reflect treatment in other hospitals. If you have any questions please ask your doctor. No responsibility can be accepted for any injury as a result of anyone relying on this information.

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