Sinus Rinse
Patient Instructions

- Available at most pharmacies, grocery stores, or on-line without a doctor’s prescription.

- Irrigate each nostril 1 to 2 times per day using Sinus Rinse bottle (or as instructed by your physician).

- Stand in the shower or over a sink.

- Go to www.neilmed.com/usa/sinusrinse_video.php for a video demonstration.

- Remember to clean and sterilize the bottle as per the manufacturer’s recommendations.

Homemade Salt Water Preparation

1. 1 heaping Teaspoon of canning or pickling salt (this salt does not have preservatives).
   You may use table salt if canning or pickling salt is unavailable.

2. ½ heaping Teaspoon of baking soda

3. 1 Quart of tap or bottled water (not well water)

4. Boil mixture for 20 minutes and allow it to cool to lukewarm/body temperature. DO NOT INSTILL HOT OR BOILING WATER INTO THE NOSE!

5. Place mixture in a clean glass jar for storage at room temperature and shake before each use.

6. Pour some of the solution into the Sinus Rinse bottle for each use.

Adults: Blue Box (8 oz bottle, 4.5 mm opening)
Children: Orange Box (4 oz bottle, 2.5 mm opening)