



**MEDICAL ASSOCIATES**  
C L I N I C

**Department of Allergy, Asthma and Immunology**

**1500 Associates Drive • Dubuque, IA 52002**

**563-584-4485 or 800-648-6868 (toll-free)**

Hyder Khan, M.D.

Brad McClimon, M.D.

John Moore, M.D.

**SINUS IRRIGATION**

1. Fill a clean sinus rinse bottle with warm tap water.
2. Add 1 package of premixed Sinus rinse packet, or salt recipe. (listed below)
3. Gently mix, by putting a finger over tip and shaking.
4. Stand over sink, bending slightly forward with mouth open.
5. Place cap snugly into nostril and gently squeeze bottle.
6. Squeeze bottle gently until the solution drains from opposite nostril, and possibly your mouth.
7. Continue to rinse until half of bottle is used.
8. Blow nose gently, without pinching nostril shut. This could put pressure on your eardrum.
9. Repeat procedure in opposite nostril.
10. Gently tilt head forward and back, then side to side to help drain residual solution.
11. Discard any remaining solution, rinse bottle and let air dry.

\* Prepared Sinus Rinse packets are available at your drug store.

**Salt solution recipe:**

¼- ½ tsp non-iodized salt

¼- ½ tsp baking soda

8 oz warm water

Mix solution well before using

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