

### Nasal Douching after Sinus Surgery

Nasal douching after sinus surgery is an essential part of the post-operative management.

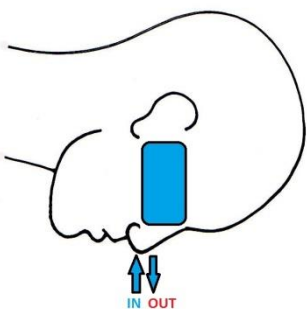
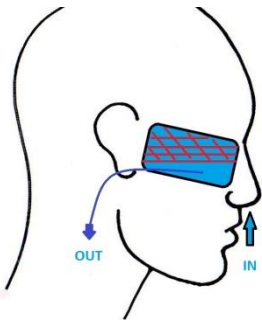
Rinsing the nasal cavity after sinus surgery aims to clean the nose and remove the blood clot and debris. It also can serve as a means to deliver medication to the nasal lining.

Nasal douching (with salt-water sachets or with added medications) is the mainstay of maintenance management after sinus surgery especially if the sinus surgery was performed for nasal polyps. Correct method of application, increases the efficacy of the treatment.

The best way to rinse the nose after sinus surgery is to use a NeilMed Sinus Rinse Squeeze Bottle.

The aim is to fill one side of the nasal cavity at a time allowing the solution to run out from the other nostril. Please follow these steps to achieve the best results:

1. Prepare the solution. If you have been advised to add any medication to the rinse, please do so.
2. Insert the nozzle of the bottle firmly into one nostril. It should be firmly in contact with the nostril so that the liquid does not run out from the same nostril.
3. Tilt your head down as if you are looking at the floor. The more vertical your head is, the less chance of the liquid running into the back of your throat. It also increases the chance of solution covering most of the sinuses rather than running through the floor of the nasal cavity.
4. Gently squeeze the bottle. You do not need to squeeze hard (some people find high pressure of the rinse might hurt their ears). The aim is to gently fill one side of the nasal cavity with the rinse solution until it starts pouring out of the other nostril.
5. Repeat the same process for the other nostril.

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<p>Keeping the head in this position allows the nasal cavity to be filled with the solution before it runs out of the other side. It also reduces the chance of the solution running to the back your throat.</p>	<p>If the head is kept more up-right, there is more chance of the solution running to the back of your throat. It also reduces the effectiveness of the nasal douching as some part of the nasal cavity may not be exposed to the solution (cross hatched)</p>