



POCATELLO  
**EAR, NOSE & THROAT**

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### **Nasal Washing Procedure**

1. We prefer using the Neil Med Sinus Rinse Kit for ease of use.
2. Wash your hands.
3. Fill the bottle with room temperature distilled water to the fill line on the Neil Med bottle.
4. Pour the contents of the Neil Med Sinus Rinse mixture packet into the bottle.
5. Tighten the cap on the bottle. Place your finger over the cap and shake the bottle gently to dissolve the mixture.
6. Standing in front of a sink, bend forward to your comfort level and tilt your head down. Keeping your mouth open, without holding your breath, place the cap snugly against your nasal passage and gently squeeze the bottle until the solution starts draining out the opposite nasal passage. Some may drain from your mouth as well. Keep squeezing until ½ the bottle is gone.
7. When doing the rinse, be sure to direct the salt water in 2 directions. With the black cap in the nasal passage, first, wash straight backward; second, point the jet of salt water toward the corner of your eye. This will help clean the sinus cavities.
8. Repeat the rinse on the opposite side with remaining salt water in the bottle.
9. Blow your nose.
10. Wash your nose 2-3 times daily.

### **Instructions for Cleaning and Disinfecting Neil Med Saline Rinse Bottle**

1. Please thoroughly clean the bottle and cap after each rinse.
2. Rinse the cap, tube, and bottle using running water. Fill the bottle with warm water.
3. Add a few drops of dish washing liquid or baby shampoo.
4. Attach the cap and tube to the bottle and shake vigorously with your finger over the cap.
5. Squeeze the bottle hard to allow the soapy solution to clean the interior of the tube and the cap. Empty out bottle completely.
6. Rinse the soap from the bottle, cap, and tube thoroughly and place items on a clean paper towel to dry.

### **If you have an infection**

1. Apply heat, as warm as you can tolerate, to your face for at least 10 minutes, 3 times daily.
2. Use a 12 hour over the counter nose spray such as Afrin 2-3 times daily for 1 week only. Stop this spray for the next week. If you fail to see an improvement in symptoms, please let us know.

If you have any questions or concerns, please do not hesitate to contact us, (208) 232-2146