

NASAL DOUCHING

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Nasal douching is vital following nasal surgery, particularly during the first 3 months or so after your operation.

The solution removes clots and crusting from the nose as it heals, helps the healing process to occur without infection, and in the longer term, prevents the formation of too much scar tissue (or ‘adhesions’) in the nose.

In addition, it can be useful on a more permanent basis in patients with ongoing swelling and infection of the nasal lining (rhinitis) and sinuses (sinusitis). This can either be in addition to other medication, or alone in those patients where other medications have failed to improve symptoms.

I would recommend you use [SinuRinse™](#) by [NeilMed®](#). This is a balanced salt solution with a custom made easy squeeze bottle to allow you to squirt the solution up your nose effectively and with minimal or no discomfort. It is available from larger Boots and Alliance Pharmacy outlets or online via the Neilmed website.

You should start to use the solution the day after your surgery.

Mix one sachet of the ‘Sinurinse’ powder with warm distilled or previously boiled water (that has been allowed to cool) to make up the solution in the custom made bottle. Use 120 to 240mls (1/2 to 1 bottle) of solution for each nostril i.e a minimum of 1 to 2 bottles of solution per irrigation session.

You should irrigate the nose over a sink, squirting the solution with steady but light pressure on the bottle, and allowing it to run out of the opposite nostril and the mouth into the sink. Don’t worry if you swallow some of the liquid, as it will not harm you.

You should aim for the following regime of nasal irrigation:

Following FESS

- First 2 weeks after surgery – 4 to 6 times a day
- Subsequent 10 weeks – 3 times a day
- Long term – minimum of 1 to 2 times a day

Following septoplasty or rhinoplasty

- First 2 weeks after surgery – 2 to 4 times a day
- Subsequent 4 weeks - twice a day

You can also make your own solution to use

Dissolve 1 level teaspoon of sea salt and 1 level teaspoon of sodium bicarbonate in a pint of clean warm water, best obtained from a kettle once boiled and allowed to cool.

It should be sniffed gently from the cupped palm of a clean hand up each nostril in turn from the hand on the same side, whilst leaning forwards over a sink or receptacle to prevent swallowing too much of the solution.

The opposite nostril should be blocked by the index finger of the other hand whilst this is carried out, before swapping sides.