



PEDIATRIC SINUS WASH

ITEMS NEEDED:

- **Salt Water**

1. Pre-boil 8 ounces of water and cool to room temperature.
2. Add $\frac{1}{4}$ to $\frac{1}{2}$ tsp table salt (non-iodized), and mix to dissolve.
3. Store in clear jar (covered). Discard and make fresh every other day.

- **Box of tissues**

- **5 or 10 ml syringe (no needle)**

(Use Afrin nasal spray first if ordered by your doctor. Use only for the first 5 days)

WHAT TO DO:

1. Turn head to side laying flat on ear, nose slightly pointed down. It helps to be leaning slightly over the sink.
2. Place the syringe into the nostril that's down and try to make a seal.
3. Slowly fill the down nostril with salt water. Use the entire contents of the syringe, if possible. The solution may start to drain out of the right nostril. This is normal and indicates that you have completely filled the left side. You should still be able to breath slowly through your open mouth while this is being done. If you have difficulty, reposition your head to the side and lean forward a bit more.
4. Remove the syringe from the nostril, lean forward over the sink and gently blow your nose to clear out the solution.
5. Repeat this process on the other side.
6. Do this once or twice daily as directed by your doctor.
7. If you have been prescribed a nasal spray, it is best to perform the pediatric sinus wash first.