

**EAR, NOSE, THROAT & ALLERGY CENTER**  
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## **USES FOR NASAL SALINE RINSE**

1. Pre-treat nose prior to using nasal steroid sprays and nasal antihistamines
  - Rinse each side of nose with 2 sprays of nasal saline spray
  - Wait for 5 minutes
  - Use nose spray as directed
  
2. Good nasal hygiene during allergy flare up or sinus infection. Rinse each side of nose with 2 sprays of nasal saline 8-10 x per day.
  
3. Nose Bleeds
  - KEEP NOSE MOIST!! Use saline rinse 8-10 times per day
  - Use Aquaphor healing ointment 2 times per day as directed by your Provider
  
4. Examples of over the counter saline:
  - Simply Saline
  - Ocean nasal spray
  - Sinus Rinse
  - Generic saline
  
5. To make your own saline:
  - ¼ tsp baking soda

- ¼ tsp salt
- 8 oz boiling water
- Refrigerate and then return to body temperature before using