

Saline Nasal Irrigation Information

Mixing instructions:

When using Neilmed packets pour **240 mL of distilled water** into rinse bottle with **one Neilmed packet**. You may warm the water in a microwave in increments of 5-10 seconds to avoid overheating the water, damaging the device or scalding your nasal passage. Shake well. You will **use 60 mL per nostril in the morning and 60 mL per nostril in the evening**. Clean bottle and cap following directions below.

Instructions for use:

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. Squeeze bottle gently until solution starts draining from opposite nasal passage. Some may drain from your mouth. Keep squeezing the bottle until 60 mL is used. Switch to the opposite nasal passage and repeat.

Cleaning Instructions: it is recommended that you follow these steps after each use.

Step 1: Rinse the cap, tube and bottle using running water. Fill the bottle with distilled water.

Step 2: Add a few drops of dishwashing liquid or baby shampoo.

Step 3: Attach the cap and tube to the bottle; hold your finger over the opening in the cap and shake bottle vigorously.

Step 4: Squeeze the bottle hard to allow the soapy solution to clean the interior of the tube and the cap. Empty out the bottle completely.

Step 5: Rinse the soap from the bottle, cap and tube thoroughly and place the items on a clean paper towel to dry.

Microwave Disinfection (optional): Clean the bottle with soap and water as mentioned above and shake off the excess water. Now place the bottle, cap and tube in the microwave for 60-90 seconds. This will disinfect the bottle, cap and tube.

REPLACE BOTTLE EVERY 3 MONTHS.

Please contact Southern ENT & Sinus Center for refills or questions.

205-228-7970

Information retrieved from NeilMed and written by Ketan C. Mehta, founder of Neilmed