



ADVANCED SINUS
AND
ALLERGY CENTER

1030 W. Higgins #325
Park Ridge, IL 60068

Bactroban (Mupirocin) Sinus Irrigations

You should do this 2 times a day for 4 weeks.

1. Purchase a 240 ml Neil Med irrigation bottle
2. Purchase the tube of antibiotic ointment that was prescribed by your doctor (2% Bactroban is the brand name, 2% Mupirocin is the generic name).
3. Fill the bottle with distilled water and the salt packet that comes with the Neil Med bottle up to the dashed line
4. Squeeze 1.5 inch ribbon of ointment into the bottle
5. Shake the solution to mix the ointment
6. Rinse each nostril with half of the mixture (120 ml) two times daily