



ADVANCED SINUS
AND
ALLERGY CENTER

1030 W. Higgins #325
Park Ridge, IL 60068

Pirouette Technique

For patients with prior sinus surgery

Hold your breath before starting to prevent coughing. Hold on to the edge of the sink/shower with one hand so you do not lose your balance while rotating your position. You will be trying to create a slow continuous sweeping rotating motion that will move the solutions around into and out of your sinuses.

To irrigate your sinuses:

1. Fill your irrigation device with your irrigation solution.
2. Lean forward at the waist and turn your head and shoulders counter-clockwise (to your right with right shoulder up).
3. Your left ear and left shoulder should be pointing to the ground (drain of the sink/shower) with your nose slightly pointing up.
4. Flush the solution into the left nostril while holding your breath.
5. Then gradually rotate (swing) your shoulders and head back and to the left (counterclockwise) in a circular motion. This will help rinse your maxillary sinus.
6. Gradually bring your back, shoulders and head upright while continuing to move counterclockwise.
7. Once you reach the standing upright position your head should be tilted back (so that your face is point towards ceiling).
8. Then continue the same direction of rotation with your head and shoulders back down and forward and so that your right ear is now facing the drain of the sink/shower. This will help empty your left maxillary sinus. Irrigation may come from 1 or both nostrils. Depending on the shape of your nasal airway this maybe easier to complete on one side.
9. Repeat these steps in the opposite direction to flush the right nostril.