



Central West Specialists

Ear, Nose & Throat Specialist

SALINE NASAL DOUCHES

These are used to remove crusting from the nose. This solution is similar in composition to that of the body fluids and, therefore should not irritate the nasal lining.

MIX 1 cup of warm water
½ teaspoon of ordinary table salt
½ teaspoon of baking soda (sodium bicarbonate)

A SLIGHTLY EASIER ALTERNATIVE IS TO MIX:

½ cup of warm water
½ teaspoon of ordinary table salt

The solution is poured into the palm of the hand and sniffed up into each nostril. An empty nasal spray bottle also works well. This solution softens the crusts and enables them to be blown out easily. Vaseline, or an antibiotic ointment smeared inside the nostrils using a finger tip or a cotton Q-tip will also make the crusts less adherent.

Narium is an over the counter medication very similar to what you can make at home and is certainly helpful for a variety of nasal conditions.

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