



NASAL IRRIGATION

with Dental Water Jet & RhinoTip

Use your dental water jet at the lowest possible setting – **never increase the force above this.**

Fill the tank with 6 ounces of lukewarm, non-chlorinated water, (distilled water is best), and add ¼ level teaspoon of non-iodized table salt – stir to mix completely. Some people find if 1/8 teaspoon baking soda is added it is more comfortable. To make a gallon, add 2 level tablespoons of non-iodized salt and 1 level tablespoon of baking soda to a 1 gallon container of distilled water. Irrigate first one side and then the other using the special **RhinoTip** that fits on the jet tip of most dental water jets. It is best to irrigate while standing over the sink with your head tilted forward. Aim the adapter tip toward the roof of the mouth (the floor of the nose). If you feel any drainage down the back of the throat you will need to lean your head farther forward. Spit out any drainage left in the throat. Do not sniff the water into your nose. Use the entire amount of water in the dental water jet on both sides of your nose (half on one side and half on the other side). You can also add 2 to 7 drops of **Agrumax** to the reservoir each time you irrigate (start with 1 drop and work your way up to what is most comfortable for you).



The nasal irrigator tip should be rinsed and sterilized **EVERY DAY** after use. Sterilization can be done by soaking the adapter in Peroxide or by boiling. Bring the water to a boil, add the Rhino-Tip and continue boiling for one minute only (otherwise the adapter might become deformed).

The nasal irrigations should be done **TWICE** daily until you are instructed otherwise. An additional irrigation during the day is not harmful if the nose feels extremely congested. **IF YOU STOP THE IRRIGATIONS YOU WILL NOT HEAL PROPERLY AND YOU WILL GET INFECTED.** It is important to **CONTINUE IRRIGATIONS** until your **PHYSICIAN** tells you to stop. **Otherwise you will impair the healing process.**

In addition to the irrigation, over the counter saline (salt-water) nose sprays such as Ayr-Mist or Ocean Spray can be used whenever needed for dryness or stuffiness. These are non-prescription items, and are available at any drug store. Unless instructed otherwise, do not use any other nasal sprays or inhalers in the first few days following surgery. These may be resumed at a later date. Discuss this with the doctor at a post-operative visit.

IMPORTANT THINGS TO REMEMBER

- If irrigation is painful, you are doing it wrong. Angle the irrigator towards the roof of your mouth.
- If water goes down your throat, you are not leaning over far enough. Lean over more until it stops going down your throat.
- To get all of the water out after irrigation, keep your head all the way over. Turn head all the way to the right to empty the right side, and then do the same thing on the left side.

Bacteria can grow in your dental waterjet. As an added precaution, you need to mix 8 drops of Agrumax and 6 oz of water and run the solution through the machine. Be sure to run filtered water through the machine after using the Agrumax – run through 2 basins of filtered water. Do not clean more than once a week.

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