

G. Paul Doxey, MD

Trusted, experienced personal ENT care

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Nasal Saline Irrigation

Nasal saline irrigation is a helpful method used to moisturize and cleanse the nose. It is particularly helpful in Utah's dry environment, especially following nasal and sinus surgery. It is strongly recommended in order to keep the nose healthy and to hasten healing by loosening crusts and blood clots after surgery. Dr. Doxey will recommend when to begin saline irrigation if you have had nasal or sinus surgery, otherwise, these steps should be followed:

TRUSTED CARE FOR:

- Sinus/nasal problems
- Snoring & sleep apnea
- CT-guided sinus surgery
- Balloonplasty
- Deviated septum
- Nasal blockage/polyps
- Nasal fractures
- Nosebleeds
- Ear pain & infections
- Voice & swallowing disorders
- Care of the professional voice
- Perforated eardrum
- Head & neck surgery/cancer
- Thyroid & parathyroid surgery
- Allergies & testing
- Salivary gland infections & surgery
- Nose reshaping (rhinoplasty)
- Facial or nasal fracture repair
- Otoplasty (correction of overly prominent or poorly positioned ears)
- Neck masses
- Facial wound repair & reconstruction
- Surgical removal of facial moles & tumors

1. Place 1/2 teaspoon table salt in 1 measuring cup of lukewarm (body-temperature) water. Please use the correct amounts (concentration) since too little or too much salt may be harmful to the nose.
2. Let the salt dissolve, and while leaning over a sink with your hand in cupping shape, pour a portion of the salt water into your hand and then sniff the solution vigorously into your nose. The salt water should pass through the nasal cavity and go into your mouth - thus traversing the entire inside length of the nose.
3. Be sure to lean over the sink while sniffing vigorously so as not to aspirate the salt solution into your lungs.
4. It takes about 6-10 sniffs to go through the entire cup of saline. Please proceed to do so since using the entire cup is much more effective than just one sniff.
5. Saline irrigation is much more effective than passively spraying one of the many over-the-counter saline sprays.
6. The entire process should be repeated at least twice a day at minimum and many more times if you are in the post-op recovery period.
7. If significant fresh bleeding occurs, then the process should be stopped and Dr. Doxey should be contacted.

The use of a Water-Pik is another effective method of delivering salt water to the nose. A special tip attachment can be obtained in the office from Dr. Doxey. This attachment allows large amounts of salt water to be washed through the nasal and sinus cavities. For some patients, this is the preferred method. If you are interested, please ask Dr. Doxey for more information. Another method is delivering the above mentioned salt solution with a Neti Pot, which can be purchased from local health food stores and some pharmacies. Yet another method of saline delivery is through the use of an irrigating squeeze bottle for large volume and low pressure delivery. This is known as the NeilMed Sinus Rinse[®] and can be purchased at most pharmacies. The measured contents of individual packets are mixed with water to make the correct saline concentration. This can be used three or four times a day.

TRUSTED CONVENIENCE:

- Convenient location
- Friendly, courteous staff
- Most insurance accepted & filed
- Major credit cards welcome
- Convenient office hours
- Ample free parking

G. Paul Doxey, M.D.