

Nasal Sinus Rinse Instructions

Please purchase a bottle of NeilMed Sinus Rinse at any local CVS, Walgreens, Walmart or Target. Costco also sells them in bulk.



Follow the instructions in the package to prepare a sinus rinse solution.

To perform the rinse, bend your head forward at 90 degrees over a sink, and point the bottle to the ceiling. Squeeze the bottle until the solution comes out of the other nostril or your mouth.

There are helpful youtube videos on how to perform a rinse:
(<https://www.youtube.com/watch?v=LW9mvVe7Mk4>).

Perform the rinse twice per day. Some people prefer to do their morning rinse in the shower, which is ok as well.

Your doctor may have also recommended flonase (fluticasone) nasal sprays in addition to nasal sinus rinses. If so, please purchase fluticasone spray which is sold over-the-counter at any local pharmacy. Spray 2 sprays into each nostril with your head bent forward at 90 degrees and point the spray nozzle directly to the ceiling and towards your ear to avoid spraying directly on your nasal septum (the structure that divides your left and right nostrils).

Perform your flonase spray AFTER your morning sinus rinse in order to avoid washing out the medication with a rinse.

Sometimes, flonase can cause nosebleeds. If this happens, stop the flonase for 3 days, and resume again on day 4.

Flonase may take several weeks to work. The medication will work best if you consistently use it daily for 2-3 weeks.