

Hypertonic Saline Nasal Wash

For Nasal Congestion and Sinusitis (children)

Hypertonic saline is a natural decongestant, which helps clear the nasal passages of dried or thick secretions. They improve nasal airflow. These treatments promote normal sinus drainage and will help your recovery from upper respiratory infections. In some cultures this is a daily routine as common as our tooth brushing. Sea water is often used for this as it is also a hypertonic saline solution.

Recipe for Hypertonic Nasal Saline Solution (7%)

70 grams of salt in a litre of tap water.

or 3 teaspoons (heaped) of salt in a pint of tap water

To make this less stinging you could add ½ teaspoon of sodium bicarbonate (baking soda) to the solution.

Make solution fresh daily. You may warm the solution before use, but not warmer than is comfortable to touch.

For chronic nasal symptoms, irrigate the nose 2 to 3 times per day as follows:

1. Obtain a small syringe (5-10mls) from pharmacy. Fill the syringe with 5 ml of warm saline solution. With the child seated, insert the tip of the syringe in one side of the nose and, if necessary, pinch the nostril gently around the tip. Aim the syringe toward the back (not the top) of your child's head and insert 1 ml of hypertonic saline. The saline should go into the nose, and then run out of the nose or mouth. Repeat for the other nostril. Clean the syringe. **DO NOT** do this procedure with the child lying down.
2. Instead of using a syringe, your child may prefer "snuffing" it up the nose from the cup of your hand, one nostril at a time (close the other nostril), and into the back of the throat. Perform with head bent over a sink, and let the solution come out your mouth. May be repeated.

If your child is also using a nasal spray, be sure to cleanse the nose with saline before using these sprays, not after.

1 Table salt contains additives (e.g. iodine, preservatives, sugar, etc.). Sea salt is usually free of these, and therefore preferred. (Check labels!)

2 Do not put your used syringe back in the solution as this will contaminate the solution.