



The **Neti Pot** grew popular with Dr. Oz and Oprah, who called it a “Nose Bidet.” It may seem like a Magic Genie will come out of this pot, but it’s pure gravity that allows saline to flow through one nostril, into the paranasal sinuses, and out the other nostril.

- Boil water and let it cool to a lukewarm temperature. Alternatively, use distilled or sterile water at room temperature.
 - Do **NOT** use tap water as it may be contaminated or contain a brain-eating amoeba that killed two people in the U.S. who used the Neti Pot with tap water.
- Add a commercial saline pack to the boiled, distilled, or sterile water
- Position yourself over a sink, tilt your head down and to the side, ensure a good seal between your nostril and the spout of the neti pot
- Breathe through your mouth (not your nose)
- Pour about 1/4 of the saline in one nostril, stop and blow your nose, then move to the other nostril, repeat until the saline is gone
- Rinse Neti pot with leftover boiled, distilled, or sterile water and allow to air dry



Saline Sinus Washes

You’re probably thinking, why should I wash my sinuses?

When you are sick, it’s important to wash your hands. Likewise, when you have nasal congestion, runny nose, post-nasal drip, or sinus headaches caused by allergies, bacteria, or viruses, it’s important to wash your sinuses.

Saline (or salt water) sinus washes help to:

- Remove pollen, mold spores, animal dander, viruses, and bacteria from your nose and sinuses
- Decrease nasal swelling or congestion
- Increase air flow and help you breathe easier
- Moisten cilia (hair-like structures in the nose), which help sweep mucus out of the nose
- May prevent sinus infections and help reduce cold and flu symptoms by several days

There are many ways to do sinus washes (Neti pots or nasal sprays). Find the method that is most comfortable for you.



Don’t want to buy commercial saline packs?

Make your own by combining the following in a small, air-tight container:

- 3 tablespoons **iodide-free** salt
 - 1 tablespoon baking soda
- When ready to use the Neti pot, add 1 teaspoon of the mixture to 8 ounces of boiled (and cooled to a lukewarm temperature), distilled, or sterile water.



With **Nasal Spray via a Squeeze Bottle**, you control the positive pressure to either moisturize or wash the nostrils and paranasal sinuses with purified saline.



Benefits of Nasal Sprays

No need to fuss with boiling water or saline packets, these contain purified saline and are ready for use ASAP

- A short spray can moisturize the nostrils and it helps prevent nose bleeds in dry weather
- A long spray when your head is tilted down and to the side over the sink, and it provides a sinus wash, like the Neti Pot



Types of Nozzles

Nasal Spray via canister to rinse, spray, stream, or mist (depending on the nozzle type) purified saline into the nostril. Each nozzle provides different amounts of positive pressure to either moisturize or wash the nostrils and paranasal sinuses.