

Saline Nasal and Sinus Lavage

You can use the following mixture or buy one from a local pharmacy.

¼ teaspoon seasalt (or non-iodized salt)
1 cup warm water
pinch of baking soda

You can use either a neti pot, Water-Pik device, NeilMed sinus rinse, or a bulb syringe to place the solution inside your nose.

Here is a website that you may find helpful:

<http://ent.about.com/od/livingwithentdisorders/ht/netipot.htm>

More information about allergies, asthma, and medications can be found on our website.

Thank you for choosing us for your allergy and asthma care!

9191 R.G. Skinner Parkway, Suite 402 • Jacksonville, FL 32256
300 Kingsley Lake Drive, Suite 402 • St. Augustine, FL 32092
1411 South 14th Street, Suite A • Fernandina Beach, FL 32034
www.firstcoastallergy.com
904-642-9001 • Fax 904-642-9150