



GULF COAST FACIAL PLASTICS

Where Art and Medicine Come Face to Face®

200 Doctors Drive, Panama City, FL 32405

1303 Mosley Drive, Lynn Haven, FL 32444

www.gulfcoastfacialplastics.com

Pre/Post-Operative Instructions for Rhinoplasty

BUFFERED HYPERTONIC SALINE NASAL IRRIGATION

THE BENEFITS

- When you irrigate, the hypertonic saline (salt water) acts as a solvent and washes out mucus crusts and other debris from your nose.
- The higher salt concentration pulls fluid out of the swollen membranes and shrinks them. This decongests them and improves airflow into your nose. This sinus passage begins to open.
- Studies have also shown that high concentration salt water and an alkaline irrigation (baking soda) improves nasal membrane cell function (Mucocilliary flow of mucus debris).

THE RECIPE

- Choose a one-quart glass Jar that is thoroughly cleansed- Fill with tap water. You do not need to boil the water or you may use bottled water.
- Add a heaping teaspoon of pickling/canning (rock) salt; do NOT use table salt as it contains a large number of additives. Add one teaspoon Arm & Hammer Baking Soda (Pure bicarbonate).
- Mix ingredients together and store at room temperature. Discard after one week. If you find this solution too strong, you may decrease the amount of salt added to 1 to 1 ½ teaspoons. With children it is often best to start with a milder solution and advance slowly.

INSTRUCTIONS

You should plan to irrigate your nose with buffered hypertonic saline 2-3 times per day. You may use a bulb/ear syringe. Large medical syringe (30 cc) or water pick with irrigation tip. Always pour the amount of fluid you plan to Use into a clean bowl. Do not put your used syringe back into the quart jar because it contaminates your solution. Many people preheat to warm the solution slightly in microwave - But be sure that the solution is NOT HOT. Stand over the sink (some people do this In the shower) and Squirt the solution Into each side of your nose with the stream toward the back of your head. Do not aim towards the top of your head. This allows you to spit the saltwater out of your mouth. It will not harm you if you swallow a little.

For younger children you may want to place the solution into a pump spray container sort of as "ocean spray" or "nasal steroid" container and squirt several times into each side of the nose. Do NOT force your child to lay down. It is much easier to do in a sitting position.



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If you have been told to use a nasal steroid such as Vancenase, Beconase, Flonase, or Nasacort, you should always use hypertonic saline solution first and then use your nasal steroid product. The nasal steroid is much more effective when sprayed onto clean nasal membranes and the steroid medicine will reach deeper into the nose.

Most people experience a little burning sensation the first few times they use hypertonic nasal solution, but this usually goes away in a few days. Please call our office if you have any questions or problems.