



How to use a

SINUS RINSE

Here is an instructional visual guide on how to use a neti pot or sinus rinse bottle for sinus relief.

Items needed:



Neti pot or Sinus rinse bottle



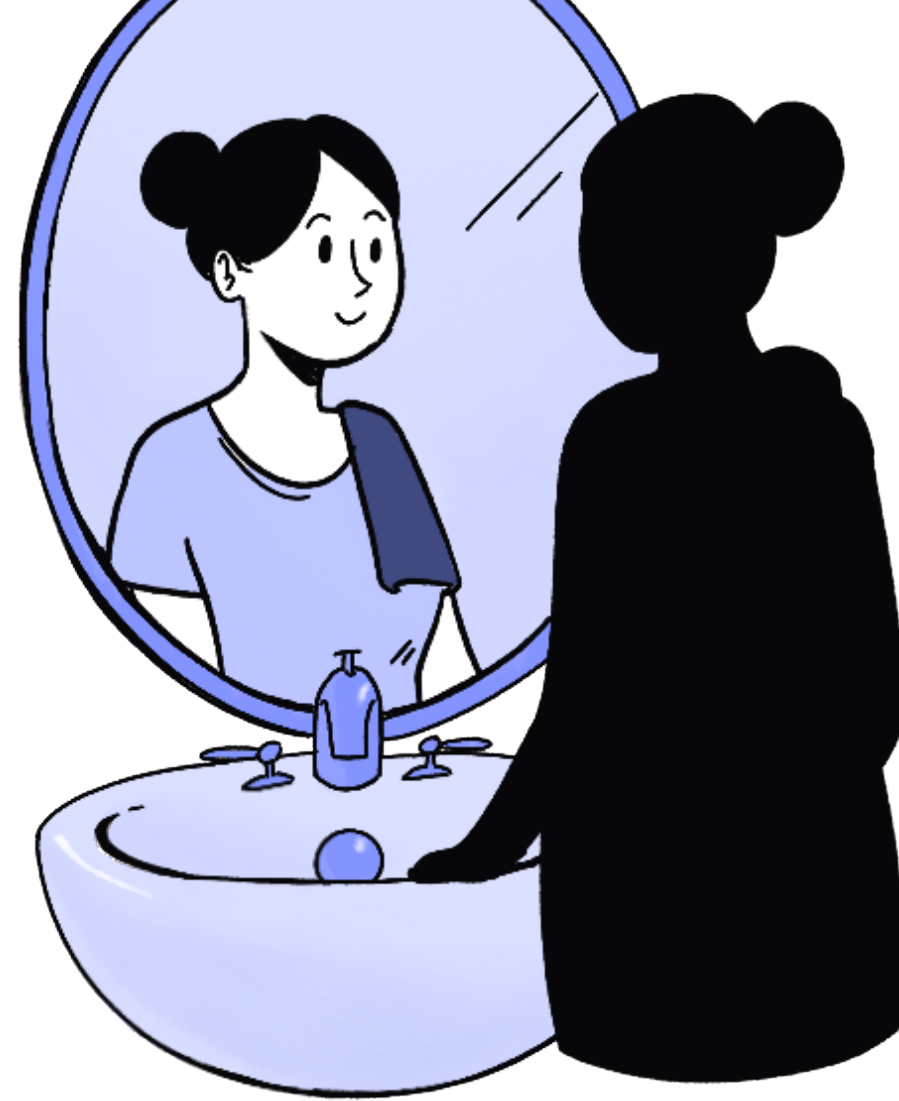
Saline solution



Towel



Distilled water



Step 1

Using a sink, have your towel ready for unexpected spills.



Step 2

Add saline solution into a clean, dry neti pot or sinus rinse bottle.



Step 3

Tilt your head sideways over the sink and place the neti pot or bottle opening in the upper nostril.



Step 4

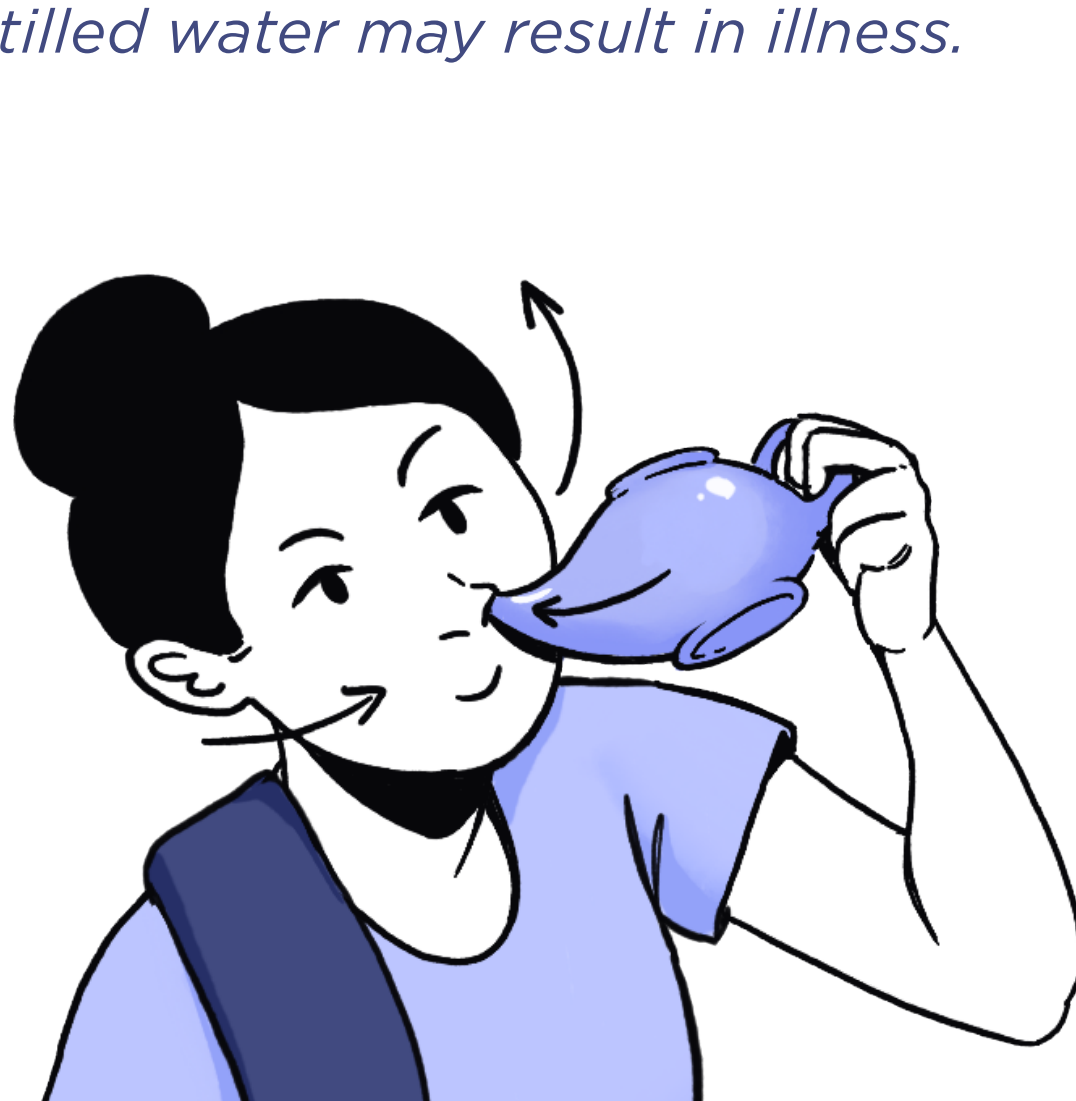
Breathing through your open mouth, gently pour or squeeze the saline solution into your upper nostril so the liquid drains through the lower nostril.



Step 5

After each use, rinse the neti pot or sinus rinse bottle using distilled water.

Disclaimer: Failure to thoroughly clean your neti pot or sinus rinse bottle with distilled water may result in illness.



Step 6

Repeat steps 3 and 4 on the other nostril.



Step 7

Let the neti pot or sinus rinse bottle air dry after rinsing out with distilled water.

For more information and health tips, visit

Shine365.marshfieldclinic.org



Marshfield Clinic Health System