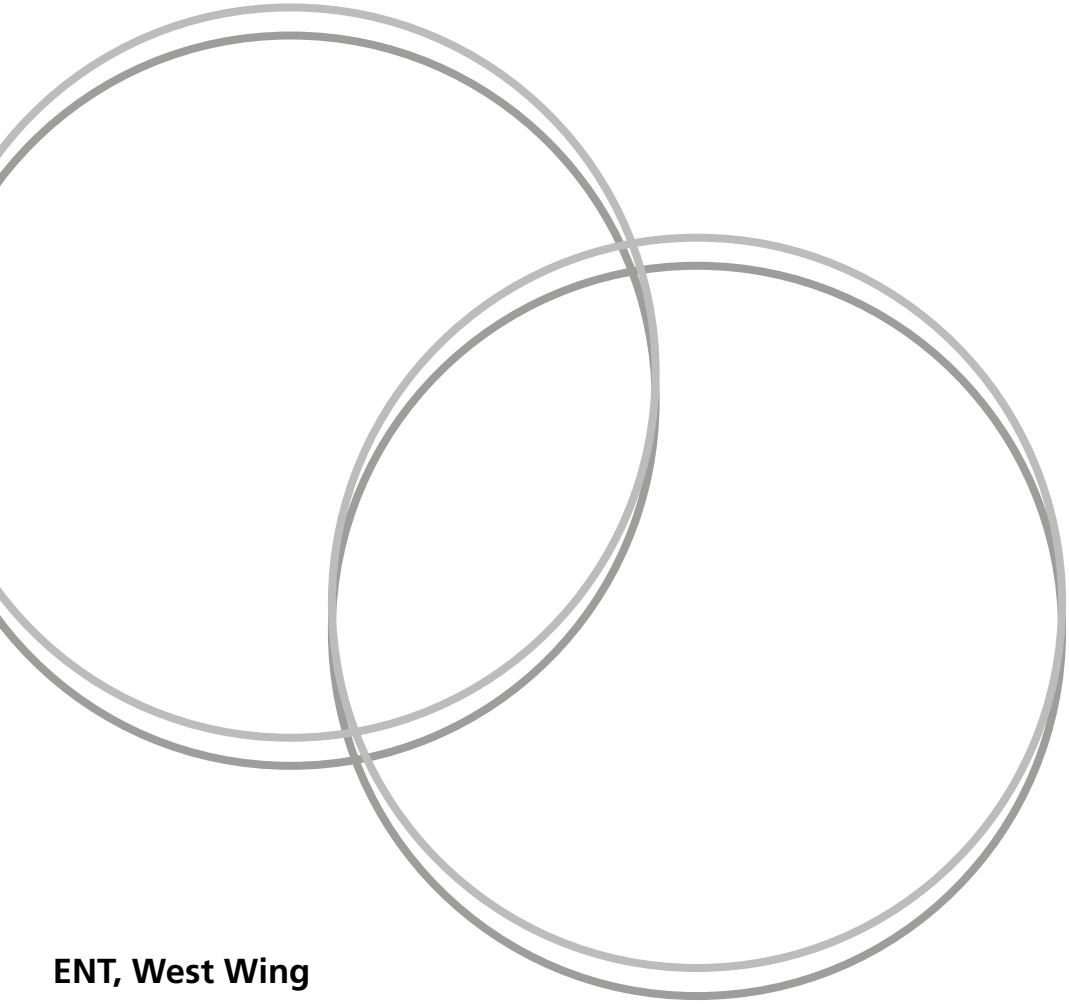
Oxford University Hospitals
NHS Foundation Trust

Nasal Douching

Information for patients



ENT, West Wing

What is nasal douching?

Nasal douching is a simple procedure that requires you to 'sniff' a saline solution into your nostrils to remove any debris, keeping the nose clean and healthy.

It is sometimes referred to as "Saline Sniffs".

Reasons for Douching

After nasal surgery

Some operations inside the nose leave the surface raw and sore. The mucus produced by the nose keeps the raw area 'soggy'. Sometimes the mucus can become dry, forming a crust. This drying can mean healing is delayed and infection can develop.

After your surgery, nasal douching can help to prevent dry crusts (scabs) from forming by washing them away. Nasal douching will also reduce the urge to blow your nose or pick these scabs off.

After epistaxis (nose bleeds)

After a nose bleed crusts can form. Nasal douching can keep these soft and prevent further bleeding.

Rhinitis

If you suffer from persistent or seasonal rhinitis (inflammation of the nasal lining) you may be asked to perform nasal douching to clean the nostrils, clear away irritating allergens and debris, and prevent infection of the lining.

How to perform nasal douching

You have been advised to have nasal douching as part of your treatment. Below are the instructions on how to do this.

To make the saline solution:

Place 1 flat teaspoon of salt and 1 flat teaspoon of Bicarbonate of Soda into a bowl and add approximately 1pint of cooled boiled water. Stir until the salts have all dissolved.

To use the solution:

- Pour the cooled solution into the 'cup' of your hand or into a shallow dish (e.g. a saucer).
- Close one nostril using your other hand.
- Sniff the solution up your nose and let it run out.

Repeat this sniffing action at least 3 times up each nostril or until your nose feels more comfortable and there is no more debris coming out. If there is any remaining solution you can gargle with it and spit it out. This will clean the post nasal space (the cavity at the back of the nose).

Do not swallow the salty solution otherwise you will feel sick.

There are products available from your pharmacist which will do the same job if you prefer. Speak to your pharmacist for more information.

Important

If you have been asked to use nose drops as well please use them after you have performed douching.

How to contact us

If you have any questions or concerns, you may speak to a nurse on:

Tel: **01865 231182**

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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Oxford University Hospitals NHS Foundation Trust
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