



Advice on nasal douching

This leaflet explains how to clean out your nose using a nasal douche. If you do not understand anything or have any other concerns, please speak to a member of staff.

Reasons for douching:

Your surgeon will ask you to douche (rinse out) your nose after your operation. This will help to remove crusts and clots, and keep your sinuses clean. This will help to prevent infection and will also reduce the urge to blow or pick your nose, which could cause your nose to bleed.

It is usual for your nose to feel blocked for the first 2-3 weeks following surgery, until the lining has settled down and crusts and clots are removed.

From the moment you are sent home from hospital, regular nasal douches with slightly salted warm water will greatly help your recovery.

Nasal douching essentially involves sucking up some water into each nostril and allowing it to go down the back of the nose before blowing some of it back out through your nostrils. It is best to do this about three times a day to help remove some of the clots and crusts that build up in the nose after this sort of surgery. This should be continued until the clots and crusts cease to come away during the douching.

Preparing a douche:

Follow these instructions to make enough nasal douche solution for four applications.

You will need:

- 1 teaspoon of bicarbonate of soda
- 1 teaspoon of salt
- 1 pint of partly cooled boiled water (at body temperature)

- Take a pint of warm, not hot, water (cooled boiled tap water or bottled water) and dissolve one teaspoon of bicarbonate of soda and salt in it.
- The alternative is to use prepared NeilMed sinus rinse packets which can be widely available in pharmacies.

How to douche (If you do not have a Neilmed or sinus bottle)

- Cup the palm of one hand and pour a small amount of the water into it.
- Sniff the water into your nostril.
- Continue douching until your nose feels comfortable. You may not need to use the whole amount of the solution.

- Alternatively use your Neilmed sinus rinse bottle as instructed, applying half the bottle solution to each nostril.
- You are advised to make a fresh solution each time it is needed and sniff it up your nose. Some solution will pass into the throat via the back of the nose and should be spat out.

If you are advised to use nose drops, please take them after your douching, or they will be washed out by the douche and be ineffective!

Alternatively, if you find douching your nose difficult, you may be given the option of using a spray such as Sterimar. This is a salty solution in a spray can that you can buy over the counter from a chemist. It has a specially shaped nozzle that fits in your nostril and you may find this easier to use. This needs to be purchased over the counter.

Contact us

- Dorrell Ward 0118 322 7172
- ENT Outpatient Department 01865 903 274
- ENT appointments (CAT 1) 0118 322 7139 or email: rbbh-tr.cat1@nhs.net

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

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