

SINUS RINSE

Dr Justin Wong advocates the use of saline (saltwater) nasal rinses as a highly effective and secure treatment for nasal and sinus issues, including during the period after nasal or sinus surgery.

How to use saline rinses?

To benefit from saline rinses, it is recommended to perform the procedure at least twice daily, with the frequency increasing if symptoms worsen, or if the individual is exposed to a dusty environment or has recently undergone nasal/sinus surgery. Importantly, due to the treatment's natural and safe nature, there is no risk of "overdosing" by rinsing too frequently.

The step-by-step process involves:

- Positioning your head downward over a sink or in the shower, then turning it to one side.
- Gently squeezing the saline rinse into the upper nostril.
- Breathing normally through your mouth.
- Allowing the solution to exit through the other nostril.
- Repeating the process on the opposite side.

For visual guidance, Dr. Wong recommends watching instructional videos on YouTube, such as:

Kids Doing Sinus Rinses!



The nasal passages tend to accumulate dust and pollen during inhalation, particularly impacting individuals prone to allergic rhinitis (hay fever) or sinusitis. This accumulation can lead to nasal and sinus blockages as the nasal lining swells in response. The nose reacts by generating excess mucus to expel the dust and pollen, causing it to either run out the front of the nose or drip down the back of the throat.

Scientific evidence supports the efficacy of saline rinses in alleviating symptoms of rhinitis and sinusitis, contributing to an enhanced quality of life for patients.



Where to obtain salt sachets and DIY recipe:

Salt sachets, containing a mixture of salt and baking soda, are available over-the-counter at pharmacies or online, often at more affordable prices than prescription alternatives. For those preferring a do-it-yourself approach, a rinse solution can be created by dissolving 1/2 teaspoon of non-iodized salt and 1/4 teaspoon of baking soda in 250ml of warm water.

Other advice:

- If you are incorporating a nasal spray into your routine, administer the saline rinse first. This prevents the saline rinse from washing the nasal spray out of your nose, ensuring optimal effectiveness for both treatments.
- Manufacturers advise replacing the saline rinse bottle or pot every three months. Adhering to this recommendation ensures the continued effectiveness and hygiene of the equipment, promoting the best outcomes for your nasal health.
- Be conscious of your head position during the rinsing process to prevent the solution from entering your ears or streaming down the back of your throat. Experiment with slight adjustments to find a position that suits you and minimizes any discomfort.
- Research suggests that using rinse volumes exceeding 200ml is more effective. Aim for this volume to maximize the benefits of the saline rinse in promoting nasal and sinus health. Adjust the volume according to your comfort level and individual needs.