



TPMG Ear, Nose and Throat Specialists

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SALTWATER IRRIGATIONS - Following Nasal/Sinus Surgery

It is important after nasal and sinus surgery to keep the nose clean of the crusts, scabs, and blood clots, which naturally form during the healing process.

We will be seeing you back in our office on a regular basis for the first several weeks after surgery to clean the nose and make sure it is healing properly. You can help by regularly douching the nose with a saltwater mixture, which is described below:

- The saltwater solution should be kept in a glass jar with a lid to keep it from becoming contaminated. The water should be boiled, cooled to room temperature, and then poured into the jar. For every quart of water, add one teaspoon of salt and a pinch of baking soda.
- The solution should be at room temperature, or slightly warmer, at all times for the irrigations.
- The irrigations should be performed 3 to 4 times per day.
- For each irrigation, pour out one small glass full of the solution (250 cc). Draw the solution up into an ear bulb syringe, lean over the sink and forcefully irrigate each nasal cavity, allowing the solution to flow out of your mouth and nose into the sink. Again, use the glass full of solution for each irrigation.
- It is not unusual to have a small amount of oozing after irrigating.

If you have any questions or concerns, please contact our office for assistance.