

The Oregon Clinic, Plaza ENT Division
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Patient Information – Nasal Irrigation Instructions

1. Mix 1 quart warm water, 1-2 teaspoons rock salt and 1 teaspoon baking soda.
2. Use bulb syringe to rinse out both nostrils twice a day.
3. Use your finger to apply Neosporin (or generic) to the inside of your nostrils twice a day after irrigation.

Office Phone 503-488-2400

Instructions Given By: _____

Patient Released To: _____ Date: _____