

Sinus Rinsing

It has been suggested that you may find 'sinus rinsing' useful. The 'Neil Med Sinus rinse' is not available on prescription, but can be found in pharmacies on request or ordered online. Video links to use this device can also be found on 'YouTube'.

To use you tilt your head to one side over the sink and squeeze the solution through the upper nostril. As you feel the sinus fill with liquid, you blow out through the other nostril in a steady flow. The salt water rinse will cleanse and moisturise the nasal lining in the process. Repeat the process on the other side.

You may get some earache or if your nasal passages are particularly blocked it may be uncomfortable to do. However, with patience, practice and persistence you will find it easier and almost pleasant to do as your daily routine.

The 'secret' recipe (available from the supermarket) for the salt solution is:

- 1 pint of cool boiled water
- 1 teaspoon of PURE SEA SALT (eg 'Maldon sea salt flakes')
- 1 teaspoon of sodium bicarbonate

The pre-made sachets can also be purchased from Neil Med/online/pharmacy.

