



New Mexico
Ear, Nose, & Throat
Specialists, P.C.

FREDERICK FIBER, MD

*Specialties of the ear, nose and throat
Head and neck surgery*

Instructions for Water Pik™ Nasal Irrigations

Irrigating your nose with salt water does two very important things. First, it helps flush out dried, or at times infected mucus that your sinuses produce. Second, the salt content of the solution helps suck water out of the lining of your sinuses to help reduce nasal congestion.

It is an easy procedure to master with a little practice. Just follow the instructions below. If you have any questions, please contact the office.

Items needed:

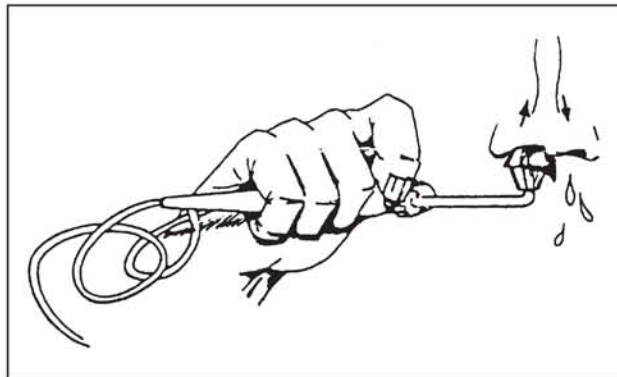
- A Water Pik™ (may be purchased at most pharmacies)
- A Nasal Irrigator adaptor for the Water Pik™
- A 1 liter bottle
- A bottle of 1 gram Sodium Chloride pills

Procedure:

1. Make your saline solution
 - a. Fill the 1 liter bottle with distilled water (if you are going to use tap water, boil it first)
 - b. Add nine tablets of the 1 gram Sodium Chloride pills
 - c. Allow the pills to dissolve completely and shake bottle before using.

Note: You now have enough solution for two applications of the Water Pik™.

2. Set the Water Pik™ at the lowest pressure.
3. Attach the Nasal Irrigator and place its tip into one nostril over a sink.
4. Turn on the Water Pik™. The solution should enter one nostril and flow out the other.
5. Switch nostrils and repeat the procedure.



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401 Edith NE, Albuquerque, NM 87102
(505) 243-8030 Emergencies: 857-3999