

Saline Nasal Washes

- Supplies: Sinus rinse bottle, non-iodized table salt (sea salt or kosher salt), baking soda, and clean water (bottled, distilled, or boiled & cooled water).
- Instructions to make saline solution
 - Dissolve 1 teaspoon of non-iodized table salt and a small pinch of baking soda in 16 ounces of clean water.
 - Make solution fresh every 1 to 2 days.
- Positioning
 - Standing in front of sink tilt head forward so that you are looking down at the sink.
- Rinse
 - Using sinus rinse bottle filled with the saline solution, administer 2 or 3 squirts in each nostril and blow nose to clear.
 - Repeat nasal rinses 2 to 3 times daily.
- Use nasal spray medication as directed after nasal wash.

Saline/Alkalol Nasal Washes

- Supplies : Sinus rinse bottle, saline solution, and alkalol.
- Instructions to make Saline/Alkalol solution
 - Add 2 to 3 teaspoons of alkalol to saline solution.
- Positioning
 - Standing in front of sink tilt head forward so that you are looking down at the sink.
- Rinse
 - Using sinus rinse bottle filled with the Saline/Alkalol solution, administer 2 or 3 squirts in each nostril and blow nose to clear.
 - Repeat nasal rinses 2 to 3 times daily.
- Use nasal spray medication as directed after nasal wash.

Instructions on administering nasal medication

- Gently blow the nose to clear mucus.
- Lean forward slightly.
- Insert tip of container into nostril.
- Angle the container away from the center of the nose and spray into nostril.

Skin care regimen

- Take luke warm water baths or showers and use unscented and dye free bar soaps such as Cerave, Cetaphil, and Dove Unscented. Gently pat skin dry.
- Use unscented lotions and creams such as Cerave moisturizing cream or Cetaphil cream. Apply immediately after bathing/showering while the skin is slightly damp.
- Wash bedding and clothing in unscented and dye free laundry detergents such as All Free or Tide Free.
- Do not use dryer sheets or fabric softener.