

Use twice daily as needed

1. Purchase NeilMed salt packets and rinse bottles at your local pharmacy. Alternatively, you can look up recipes online for the salt mixture. You will need one NeilMed packet per rinse.
2. Wash hands.
3. Prepare water – you may boil tap water and then let it cool to room temperature (cold water can be uncomfortable) or you may use distilled or micro-filtered water. Do **NOT** use pond or well water – this can cause serious infection.
4. Fill bottle with water to the dotted line.
5. Cut the sinus rinse mixture packet at the corner and pour it into the bottle.
6. Tighten cap and tube securely, place one finger on the top of the cap and shake until dissolved.
7. Stand over sink and tilt head downwards.
8. Keep your mouth open and do NOT hold your breath. Place cap in nasal passage, and gently squirt. The solution should begin to drain from the opposite nasal passage, and some may drain from your mouth. Squeeze bottle until 1/4 to 1/2 of the bottle is used. Do NOT swallow solution.
9. Blow nose gently. In addition, sniff in gently once or twice (this will clean out the area at the back of the nasal passage). If some solution reaches the back of your throat, spit it out.
10. Repeat steps 7-9 with other nasal passage.
11. Directions are in the box regarding sinus bottle cleaning methods.

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