

# How to Use Sinus Rinse



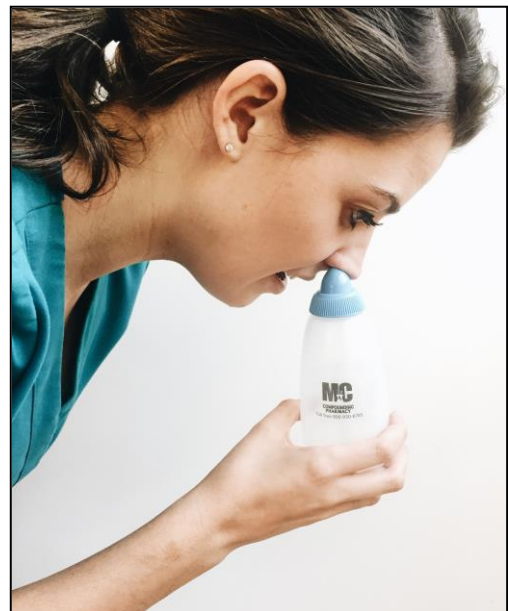
Arrange materials from package. **Carefully read instructions** on prescribed medication label before continuing.

## Step 2



Make saline (refer to directions on back)  
Add medication to sinus rinse bottle and shake

## Step 3



Irrigate half of the sinus rinse bottle into one nostril. Repeat in opposite nostril.

## Technique

Over a sink bend forward at the waist. Look down and place cap in one nostril. Squeeze bottle until the solution starts draining from the **OPPOSITE** nasal passage or from your mouth. **Do not swallow the solution**

*For in depth technique instructions visit our sinus therapy page: [www.mcpnc.com](http://www.mcpnc.com)*

## How to Make Saline for Sinus Irrigation

**To Make One Gallon:** (all ingredients available at a grocery store)

1 gallon of distilled water

8 teaspoons sea salt/canning/kosher salt

8 teaspoons baking soda

Shake well

**An alternative to the above:**

1 gallon of distilled water

#16 ChitoRhino Sinus Rinse Packets (available at the pharmacy)

Shake well

## How to Prepare Saline in Sinus Rinse Bottle

**For Sinus rinse packets:**

- Add 1 packet to sinus rinse bottle.
- Add distilled water to 240 ml fill line on sinus rinse bottle

**For Pre-mixed saline:**

- Fill up to the 240 ml fill line on sinus rinse bottle
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## Cleaning

Clean the device with soap and hot water. Shake off any excess water.

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