

Clearing your nasal passage to help reduce chest infections

Physiotherapy Department

Information for Patients

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Why do I need to use a nasal wash device?

People who have a problem with chest infections often also have a problem with nasal and sinus infections, which can spread from the nasal passages to the lungs.

A nasal wash device can be used to help clear your nasal passage. This can help reduce the spread of infection, as well as easing any pain and congestion. It can also help you to breathe more easily through your nose.

How do I prepare my nasal wash?

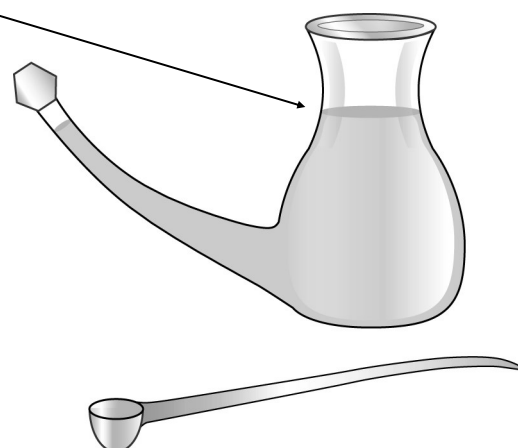
Nasal wash devices such as a Neti pot or a NoseBuddy can be bought from online shops.

1. Find line A (the line near the top of the pot). Fill with boiling water up to line A.

Never use just tap water.

2. Add 1 level 5ml teaspoon of salt (or use the spoon supplied with the pot) and stir to dissolve.
3. Leave to cool to body temperature.
4. Test the temperature of the water by pouring a little onto your forearm.

If you don't have time in the morning, prepare the boiled water the night before and cover. In the morning, empty some of the water out and top up with boiling water to bring up to body temperature, then add the salt.



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How do I clear my nasal passage using my nasal wash device?

1. Tip your head well forward over a wash basin.
2. Keep your chin tucked in and turn your head to one side (your chin should be near your shoulder).
3. **Continue to breathe through your mouth the whole time.**
4. Fit the spout into the top nostril and pour slowly.
5. After a few seconds the solution will start flowing out from your other nostril; continue to let it flow for about 10 seconds.
6. Stop and allow the solution to drain from your nostrils.
7. Then gently blow your nose. Do not be tempted to blow your nose really hard as the membranes in your nose are very delicate.
8. Turn your head to the other side and repeat this process with the other nostril.

You may find that your nose will run for up to 30 minutes after you have finished.

We advise that you do not carry out a nasal wash 1 hour before meals or going to bed.

If you are prescribed a nasal spray, please use this after carrying out a nasal wash, when your nose has stopped running.

Clear your nasal passage using your nasal wash device once a day, or as directed by your physiotherapist.

How should I clean and store my nasal wash device?

After each session, wash with warm soapy water, rinse and allow to air dry thoroughly.

Store in a clean dry place, but not in a box with a tight lid.

If your device becomes damaged you should replace it with a new one.

When should I not carry out a nasal wash?

Please stop using your nasal wash device and speak to your physiotherapist if you have:

- surgery to your ear, nose or throat (ENT).
- new pain in your nose/ ear/ sinuses.
- a nose bleed.
- an increase in sinus infections.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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