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Macluumaadkaan waxaa loo heli karaa qaab kale, sida ugu akhrinta ugu fudud, ama far waa weyn, waxana laga yabaa in lagu heli luuqaado Kale, haddii la codsado. Wixii macluumaad dheeraad ah, kala hadal kooxda xarunta caafimaadka.

Bu bilgi, kolay okunurluk veya büyük baskılar gibi alternatif biçimlerde sunulabilir, ve talep üzerine Alternatif Dillerde sunulabilir. Daha fazla bilgi için klinik ekibinizle irtibata geçin.

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Patient information

Sinus Rinse (Nasal Hygiene) (for parents and carers)



What is a sinus rinse?

Rinsing the nasal passages (nostrils) with saline (salty water) helps to clean mucus, allergens and irritants from the nose and sinuses (hollow spaces within the bones between your eyes, behind your cheekbones and in your forehead. They make mucus, which keeps the inside of your nose wet). It reduces inflammation (redness and/or swelling in the tissue of the sinuses) and may improve symptoms such as blocked nose, runny nose, dry cough, facial pressure, facial pain and loss of smell and taste.

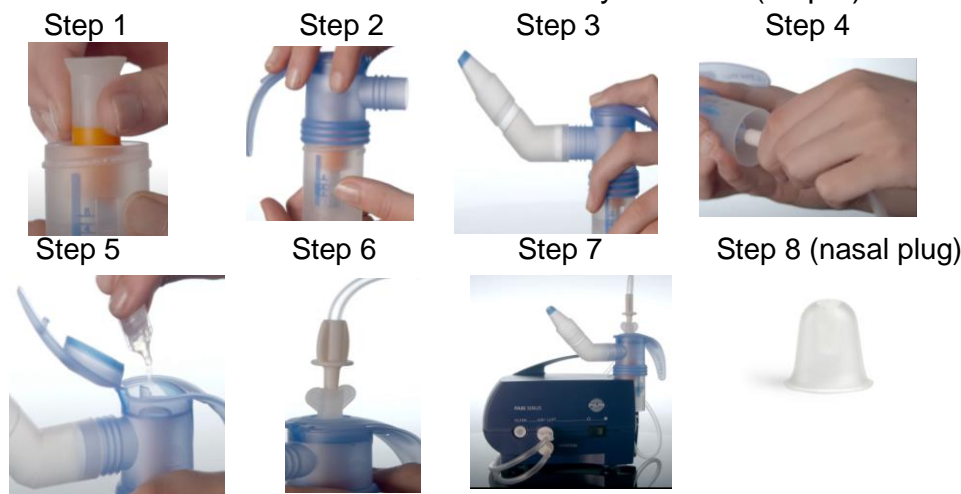
Your child may be advised to use a saline solution once a day to thin mucus and clean bacteria from their nasal passages and wash out allergens that have been inhaled. We may recommend doing this more frequently if required.

Completing a sinus rinse?

There are different methods of nasal washing.

1. Nebulised 0.9% sodium chloride and 3%, 6% or 7% hypertonic saline with Pari sinus neb machine.

Assemble the nasal nebuliser pot (step 1,2,3) connect the nasal joining piece to the bend (step 4) and then add in the saline into the pot (step 5). Attach one end of the tube to the underside of the nebuliser and the other end to the Pari boy machine (step 6).



Encourage your child to sit in an upright position and try to relax. Block one nostril with the nasal plug (step 8) which is supplied, ensuring there is a tight seal. Position the nasal joining piece of the nebuliser against the free nostril, switch on the Pari boy machine. Make sure your child can feel the gentle vibration. Complete 2.5mins of treatment on each nostril.

1. NeilMed Sinus Rinse

Follow the instruction on the leaflet provided in the box.



2. Homemade solution for nasal wash.

Boil a kettle using normal tap water and allow the water to cool slightly. Use one flat teaspoon of normal table salt and add the salt to the water to dissolve. Wait for when the solution is cool before use. This can then be used in the NeilMed Sinus Rinse bottle, or you can also draw the readymade solution in a syringe (20ml or 50ml).

Sinus Rinse Process:

- Mix saline solution (if not pre-mixed)
- Ensure your child is leaning over the sink
- Squeeze the solution into one nostril, it should run out through the other nostril.
- Blow your nose with a tissue.
- Repeat on the other nostril.

Potential challenges?

You and your child may face challenges whilst doing a sinus rinse (nasal wash) including refusing to complete it, not tolerating it and finding the technique difficult. Keep practicing the technique as able.

Your physiotherapist may encourage your child to play with the sinus rinse kit initially to get familiar with it. Please inform your physiotherapist of any challenges that arise with completing a sinus rinse and we will happily assist.