

Nasal irrigation

Nasal irrigation is used in the aftercare of many surgical procedures involving the nose and in treating nose dryness and long-term nasal problems, such as allergic rhinitis and nasal polyps. Irrigation helps flush out encrustations and mucus from the nose, moistens mucous membranes, and reduces mucosal swelling. It also helps get rid of the discharge containing mucus and blood that accumulates in the operated area after nasal surgery, reducing the risk of scar tissue formation.

Irrigation

The best choice for irrigation is physiological saline solution (NaCl 0.9%) as it does not cause mucosal irritation. The solution is available from pharmacies without prescription; however, you can also prepare the solution at home by boiling a litre of water and adding one tablespoon of fine grain sea salt. Allow the solution to cool before using. For irrigation, you can use a nasal irrigation pot available from pharmacies or a 50 ml syringe.

During irrigation, sit with your head tilted forward. In this position, the solution inserted in the nose will go in through the upper nasal passage and come out through the lower, flushing out any accumulated discharge. Remember to breathe through your mouth while flushing your nose. To finish, blow your nose gently.

Irrigation after nasal surgery

After the procedure, the nose is first moistened for a week with oil-containing nasal drops or spray. Nasal irrigation starts a week after the procedure, and the use of saline solution from the pharmacy or home-made boiled saline solution is recommended for at least a week. After this, home-made saline solution is used until the follow-up appointment.

Nasal irrigation should be performed daily for 2–4 weeks. Initially, there will be a lot of discharge, and irrigation should be performed up to 3–4 times a day. As the amount of discharge decreases, irrigation may be performed less frequently. The total amount of solution used per day should be about 3 litres, spread over 2–3 irrigations. Between irrigations, the use of moisturising nasal sprays or nasal saline drops is recommended. After flushing, the irrigation pot should be cleaned with boiling water.

Contact information

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