

NASAL SALINE RINSES

Saline rinses have been prescribed to treat chronic sinusitis or chronic rhinitis (runny nose). Although salt water rinses may seem daunting to children (and their parents), with a little practice, children are able to master the technique and positively impact their symptoms.

If you have never done or seen a nasal saline rinse you may want to watch a few examples before attempting at home with your child. Neil Med has a how to video that is helpful, http://www.neilmed.com/usa/sinusrinse_pediatic.php.

Also, consider searching for pediatric nasal saline rinses on YouTube. Although this probably doesn't sound very scientific, allowing your child to watch other children completing the steps can be empowering and ease uncertainty.

Our providers recommend Neil Med Pediatric Nasal Saline Rinses. Please follow the instructions on the package insert, which are summarized below:

Step 1 Wash hands, fill clean bottle with 4oz (8 oz with adult bottle) of lukewarm water (distilled, filtered or previously boiled).

Step 2 Mix the packet in the bottle with fluid, cover tip and shake to dissolve mixture.

Step 3 Standing in front of a sink (or in the bathtub or shower), bend forward to your comfort level and tilt your head down. Keeping your mouth open, without holding your breath, place the cap snugly against your nasal passage. SQUEEZE BOTTLE GENTLY until the solution starts draining from the OPPOSITE nasal passage. Some may drain from your mouth. For a proper rinse, keep squeezing the bottle GENTLY until at least 1/4 to 1/2 (60 mL to 120 mL or 2 to 4 fl oz) of the bottle is used. Try not to swallow the solution.

Step 4 Blow your nose very gently, without pinching nose completely to avoid pressure on eardrums.

Step 5 Now repeat steps 3 and 4 for your other nasal passage.

Step 6 Clean the bottle and cap and allow to dry prior to storage.

If you have trouble locating the Pediatric Neil Med bottle at your local retailer check with the pharmacist, as often the Pediatric bottles are stocked in the pharmacy. Pediatric sinus kits are available through Amazon.com. Refill packets are available at Costco and at most local retailers. You can use ½ of an adult packet if you have trouble getting the pediatric refill packets.