

## USEFUL TELEPHONE NUMBERS

If you are concerned or worried about anything to do with your procedure in the first 48 hours following it please contact us for advice on:

**ENT Outpatients: 8am—5pm** on  
01254 734544

Or

**Ward B14 at any time on:**  
01254 735185

After this time, please contact your own GP.

If you require this document in an alternative format or language, please contact 01254 734544

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W celu otrzymania tego dokumentu w innym formacie lub języku, prosimy o kontakt z

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### Romanian

Dacă aveți nevoie de acest document într-un format sau limbă alternativă, vă rugăm să contactați

### Lithuanian

Norint gauti šį dokumentą kitu formatu ar kita kalba, prašome susisiekti su mumis

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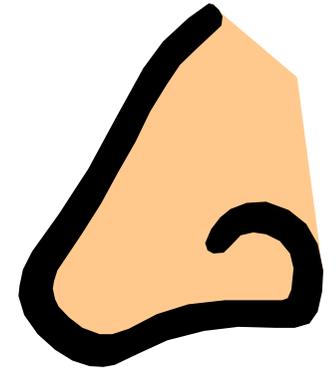
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**NHS**

East Lancashire Hospitals  
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# Directions for Nasal Douching



Safe | Personal | Effective

## Nasal Douching

You either have a nasal condition or you have recently undergone nasal surgery (or both). A nasal douche can help with catarrh and dry crusting of the nose and helps to encourage smooth recovery of the nasal lining and dispersal of sticky secretions after operations. The nose tends to feel fresher after douching.

The douche should be started the day after surgery, or immediately if advised in outpatients, and continued morning and night for at least two months. The nose is often very blocked in the first week after an operation.

If you have been prescribed nasal drops or sprays, it is sensible if you douche the nose before the medication is applied (otherwise it will be washed out by the douche and hence be prevented from working!)

## Preparing a douche

- Boil approximately a pint of water in the kettle.
- Allow it to cool in a jug.
- Whilst it is still slightly warm add 1/4 teaspoon of table salt and 1/4 teaspoon of sodium bicarbonate (bicarbonate of soda) and mix well.
- Recheck the temperature of the mixture before using it in your nose.

## Using a douche:

- Pour small quantities (about an egg cup full) of the solution into your cupped hand.
- Hold it next to your nostrils and sniff it into the nose. The solution will pass into your nose and then to where it joins the throat.
- Spit the solution out from your mouth into the sink.
- You could alternatively use a syringe (obtainable from the chemist), or a clean “spray” type of bottle.

This is distasteful at first, but it is well worth persevering! Continue until the whole glassful is used up. Do this morning and night.

**Do not be alarmed by the material that you might spit out—it can be of varying colours, consistencies and shapes!**

There are similar products which can be bought from your chemist which will do the same job if you prefer.

## How to use a nasal spray

- Shake the bottle.
- Gently blow your nose.
- Tilt your head slightly forward.
- Close one nostril by gently pressing against the side of your nose with your finger.
- Insert the tip of the nasal spray into the other nostril and start to breath in slowly through your nose. Whilst you are still breathing in squirt one spray into the nostril keeping the bottle upright.
- Remove the spray from the nostril and breath out through your mouth.
- Tilt head backwards to allow the spray to drain into the back of the nose.
- Repeat for the other nostril.