

## Saline Nasal and Sinus Lavage

You can use the following mixture or buy one from a local pharmacy.

¼ teaspoon seasalt (or non-iodized salt)  
1 cup warm water  
pinch of baking soda

You can use either a neti pot, Water-Pik device, NeilMed sinus rinse, or a bulb syringe to place the solution inside your nose.

Here is a website that you may find helpful:

<http://ent.about.com/od/livingwithentdisorders/ht/netipot.htm>

More information about allergies, asthma, and medications can be found on our website.

**Thank you for choosing us for your allergy and asthma care!**

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