Normal Saline Douches for Rhinitis

1   Rhinitis is the name we give to an inflammation of the nose. Oftentimes it is associated with allergens, either airborne or diet-related.

2   Normal saline douches provide the means by which any airborne allergens are effectively washed from the nose. It also allows removal of secretions from the nose, as well as allowing the small microscopic hair cells to beat more efficiently within the nose. These factors will provide a much less irritated nose.

3   My recommendation for normal saline douches is one teaspoon of normal salt, (or rock salt if you are allergic to iodine), in 400ml water. This should be douched up into your nose, either using a cupped hand or an ear syringe. This can be purchased from the pharmacy at St George Private Hospital.

4   The volume of normal saline douching should be 20ml twice a day in both nostrils. There must be a flow of fluid down the back of the nose, which is then spat from the mouth, to allow effective irrigation of the nasal mucosa.

5   The normal saline that you have made with the recommendations above can be kept for up to three days, or can be changed on a daily basis.

6   Obviously a task such as this is rather unpleasant, but an understanding why it is being done will at least provide a good reason for persisting with it.

7   Oftentimes, your doctor will prescribe normal saline douches with a nasal steroid. With nasal steroids such as Beconase, Rhinocort and Aldecin, there is a small risk of bleeding and nasal pain, as well as a small association with cataract formation. Please ask your doctor if you are in doubt regarding this risk.