



### **BACTROBAN IRRIGATION INSTRUCTIONS**

1. Fill neilmed® irrigation bottle with 8oz of saline solution (top of line is 8 oz). You may use the saline recipe below or buy the neilmed ® sinus rinse packets and follow the directions on the back of the packet.
  2. Add once inch long of the bactroban ointment to the 8 oz of saline in your irrigation bottle.
  3. Shake the bottle (with fingertip over the nozzle opening) to mix the solution.
  4. Bend your head over the sink and irrigate each nostril with 4 oz of this solution.
  5. Do this procedure twice a day – morning and night
- Rinse out the bottle and wash its tip with soap and water after each use. Air dry completely. Once a week, sterilize the bottle with 2/3 part water and 1/3 part hydrogen peroxide – shake solution and squirt through nozzle making sure solution flows over nozzle tip.

### **NORMAL SALINE RECIPE (1 LITER)**

1 liter boiled or distilled h<sub>2</sub>o (must be sterilized)  
1 teaspoon canning/pickling/kosher salt (non-iodized)  
1 teaspoon baking soda

To make 1 gallon, quadruple the above recipe

Important: if you follow the above recipe, keep this solution in the refrigerator. Microwave to room temperature prior to use.