

# Nasal Douche

## What is nasal douching?

A nasal douche washes the nose and removes crusts and debris, keeping the nose clean and healthy.

## Reasons for douching

### After nasal surgery

After nasal surgery the inside of the nose and can often be left raw and sore. The mucus produced by the nose can become dry and form a crust. This drying can mean that healing is delayed and infection can develop.

After surgery, nasal douching can help to prevent dry crusts (scabs) from forming by washing them away.

### After epistaxis

After a nose bleed crusts can form. Nasal douching can keep these soft and prevent further bleeding.

### Rhinitis

Washing away excess mucus along with any allergens or irritants helps to reduce the amount of inflammation in the nasal passages and relieve symptoms.

## Recipe for douching

To make the solution, in a jug, mix;

- 1 level teaspoon of salt
- 1 heaped teaspoon of sodium bicarbonate
- 1 pint of freshly boiled water.

Leave to cool, until the solution feels slightly warm to touch.

## Directions for douching

1. Prepare the solution as described above
  2. Stand over a bowl or sink and pour some of the solution into the cupped palm of your hand
  3. Sniff the solution from your palm into one nostril.
  4. Repeat at least 3 times in each nostril until your nose feels comfortable.
- You may, if you wish, gargle with the remaining solution to help clear any residual mucus from the back of your throat
  - Try not to swallow any of the mixture, always spit out as much as you can
  - Discard any leftover solution – it is recommended that you prepare fresh solution each time you douche.

Use the douche 3 times a day **EVERY DAY** until your nose is clear (this may take up to 2 weeks).

If you have a plaster of paris (POP) splint on your nose, you should soak some cotton wool in the solution and sniff this. It will avoid getting the splint wet.

## What if I have been prescribed nasal drops or sprays?

Continue to use them as normal but always apply them after douching.

## Where can I get further information?

### NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

**Website:** [www.nhs.uk](http://www.nhs.uk)

## Who can I contact with any concerns or questions?

If you have any problems or are worried, please do not hesitate to contact us in the Ear, Nose and Throat Outpatient Department.

**Royal Sussex County Hospital: 01273 696955 Ext. 64813**

This leaflet is intended for patients receiving care in Brighton & Hove or Haywards Heath

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#### Disclaimer

The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.

Ref number: 669.2

Publication Date: May 2021 Review Date: May 2024

