


[Home](#)
[Products](#)
[Ordering](#)
[Contact Us](#)
[About Us](#)
[ORDER NASALINE](#)
[About Nasaline](#)
[Nasaline Products](#)
[How to Use Nasaline](#)
[Nasaline Video Demo](#)
[Testimonials](#)
[Innovators](#)
[FAQ's](#)

How to Use Nasaline®



1. Mix 1 packet (1/2 teaspoon) of Nasaline salt into 1 cup (8 ounces) of warm distilled or sterilized water (ca 2.5 grams salt into 1/4 liter water). Stir to dissolve the salt.



2. Extract the saline solution into the Nasaline applicator.



3. Stand (or sit) slightly bent over a bathroom sink, washbasin, or bathtub. Put the silicone tip against the nose so that it completely seals the nostril. Slowly push the saline solution up into the nostril. Breathe normally (or say aaah...) through the mouth and refrain from swallowing.



When the saline solution reaches the back of the nasal cavity, the palate closes automatically by reflex. The saline solution fills the nasal cavity and proceeds to pour out of the other nostril as it brings along unwanted mucus and crusty secretions.



Occasionally, some of the saline solution can trickle down the throat. This is not harmful. A proper flushing should take anywhere from 3-7 seconds per nostril depending on level of congestion, narrowness of ones nasal passages or personal preference. Repeat the process for the other nostril.



4. Use a tissue to gently blow out any remaining saline solution in the nose. Some of the saline solution can remain in the nose and trickle out a few hours later. Tilting your head forward and turning side to side immediately after flushing can prevent this. If you are severely congested, the saline solution can reach the sinus channels and can occasionally drip out of the eyes. This is not harmful and can be prevented by flushing more slowly.

Dosage:

Use two(2) full syringes twice in each nostril per rinsing session. Rinse once or twice daily or as recommended by your doctor.

Cleaning:

Remove the tip, pull out the plunger and flush all 3 parts with warm water - let air dry. The Nasaline applicator can also be cleaned with a mild dishwashing detergent. When not in use, we recommend that you store the Nasaline applicator with the plunger inserted into the cylinder to prevent the rubber surrounding the plunger from swelling. If the plunger does not easily slide back into the chamber, put a drop of olive oil on the plunger's black rubber ring.

Important Facts about the Saline Solution:

Use distilled or sterilized water. The saline solution should be at or close to body temperature. Once mixed, use the saline solution within 24 hours or discard.

The saline solution has the same salt content as the human body (0.9%) - this is called a physiological (or isotonic) saline solution. Note: The proper salt/water ratio of the saline solution is VERY IMPORTANT! If too much salt is used (hypertonic), slight stinging may be felt. In some cases this may be desirable in order to shrink/reduce the swelling of the mucous membranes - but this may also dry them out if used for an extended period of time. If less than the prescribed amount of salt is used (hypotonic), a stinging sensation may also be felt and it may swell the mucous membranes. This is not desirable, as you may feel somewhat more congested than you did prior to rinsing.

Nasaline Salt does not contain any additives or preservatives. We do not recommend using regular iodized table salt as the iodine may cause allergic reactions. We also do not recommend using sea salt which may contain algae or pollen.