Saline sinus rinses can aid in the relief of allergy symptoms. Typically a saline nasal rinse or nasal irrigation involves pouring a warmed salt water solution into one nostril and letting it wash through the sinuses and run out the other nostril while the mouth is kept open to breathe. This process is repeated with the opposite nostril in the same way. Although easy to use, the rinsing process may seem unusual at first and can take some practice to get used to.

If you suffer from chronic or acute sinus infections, sinus rinses can be helpful in removing and thinning out excessive mucus. If you have allergic rhinitis, these rinses can bring relief by removing allergens from the nostrils and sinuses.

Several commercial sinus rinse devices are available without a prescription. They are convenient to use and can be found in most pharmacies.

Do not use sinus rinses if your nasal passageway is severely blocked. Talk to your health care provider to determine if nasal rinsing will be safe or effective for your condition. If symptoms are not relieved or worsen after nasal rinsing, then return to your health care provider, especially if you experience pain, fever, nosebleeds, or headaches while using the nasal rinse.

**Nasal Rinsing Tips**
You may use distilled or micro-filtered (through 0.2 micron) or commercially bottled or previously boiled & cooled down water at lukewarm or body temperature. Tap or faucet water can expose your sinuses to bacteria and contaminants and lead to infection.

In general, it’s recommended that people use saline nasal rinses once or twice a day when they are experiencing sinus symptoms or have been exposed to known allergens. Excessive use may lead to sinus irritation and infection. Follow your physician’s advice on how often you should use sinus rinses.

Try to rinse at least one hour before leaving your home or going to bed in order to avoid drainage of leftover solution from the nasal passages, which may drip back or may come out of the nose if you were to lean forward.
Blow your nose gently without pinching your nose completely after rinsing each nasal passage. This will help improve drainage of any residual solution.

Be sure to rinse the irrigation device after each use with a distilled, sterile, previously boiled and cooled, or filtered water and leave open to air-dry.

Make sure to follow the specific directions that come with your nasal rinsing device.