

Head and Neck Department ENT Services

Using a Nasal Douche

You either have a nasal condition or you have recently undergone nasal surgery (or both). A nasal douche can help with catarrh (a build-up of mucus) and dry crusting of the nose. It also helps to encourage smooth recovery of the nasal lining and removal of sticky discharge after operations. The nose tends to feel fresher after douching.

If you have had surgery, the douche should be started 3 - 4 days after surgery, and carried out in the morning and at night for at least 2 weeks (your hospital doctor will tell you if they wish you to use it for longer). The nose is often very blocked in the first week after operation, especially if plastic internal splints are still present. The douche becomes much easier to use after the splints are removed.

If you have also been prescribed nasal drops or sprays, you should douche the nose **before** these medications are applied. If applied after, the medication will be washed out by the douche and so will not work.

Preparing a douche

Take a large glass or half a pint of slightly warm water which has been previously boiled and then allowed to cool down. Add ¼ teaspoon each of table salt, sugar and bicarbonate of soda (sodium bicarbonate) and mix well.

Using a douche

- Pour small quantities of the mixture into your cupped hand or use an eggcup full amount of mixture
- Hold your hand next to the nostrils, and sniff the mixture into your nose.
- The mixture will pass into the nose and then to the back of the nose



Patient Information

where it joins the throat. Allow the solution to drain out of the nostrils and spit out any of the solution which comes into your mouth into a bowl or sink.

- You could alternatively use a clean 'spray' type bottle, or a syringe to squirt the solution into your nostril. This is a little distasteful at first, but it is worth continuing.
- **Continue until the whole glassful is used up.**

Do this morning and night or as directed by your doctor.

Do not be alarmed by the material that you might spit out. It can be blood stained and of varying colours, thicknesses and shapes.

For further information or clarification please contact the ENT Department on 024 7696 7007.

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact the department on 024 7696 7007, and we will do our best to meet your needs.

The Trust operates a smoke free policy.

To give feedback on this leaflet please email feedback@uhcw.nhs.uk

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