



References

If you require a full list of references for this leaflet please email patient.information@ulh.nhs.uk

The Trust endeavours to ensure that the information given here is accurate and impartial.



If you require this information in another language, large print, audio (CD or tape) or braille, please email the Patient Information team at patient.information@ulh.nhs.uk

Nasal Douching

Ear, Nose and Throat Department

Clinic 6, Lincoln County Hospital
01522 573255
www.ulh.nhs.uk

Aim of the leaflet

This leaflet is aimed at patients who are required to perform nasal douching. It aims to explain how to perform the douching and the reasons why.

What is Nasal Douching?

Nasal douching is a simple procedure that requires you to 'sniff' saline or bottled water into your nostrils to keep the nose clean and healthy.

Reasons for Douching

Some operations inside the nose leave the surface raw and sore like a graze. Instead of forming a dry scab, the mucus produced by the nose keeps the raw area 'soggy'.

Sometimes the mucus can become dry, forming a crust. In either situation, healing can be delayed and infection can develop. After your surgery, it would therefore be helpful for you to wash out the mucus and crusting before it becomes a problem. By douching, you will also reduce the urge to blow or pick your nose, which could cause bleeding.

How to Douche

- Take a pint of cooled boiled water **NOT HOT** water and dissolve a teaspoon of bicarbonate of soda (or salt) in it.
- Cup the palm of one hand, or alternatively use a shallow dish (e.g. a saucer).
- Pour a small amount of water into the cupped hand (or saucer), block off one nostril with a finger then sniff up the solution into the other nostril, letting it run out afterwards.
- Repeat the other side if necessary.

Continue douching until the nose feels comfortable and no further debris is washed out. **You may not need to use the whole pint of water.**

Important

If you are advised to use nose drops, please use them at least half an hour after douching. You will be instructed prior to discharge on the number of times a day and for how long you will need to douche.

If you are unsure, please ask a member of staff for help or contact the number on the front of the leaflet.

Contact details

If you have any questions about any of the information contained in this leaflet please contact:

Ear, Nose and Throat Department
Clinic 6, Lincoln County Hospital (01522) 573255

All information written in this leaflet has been verified by our Consultant Surgeons in ENT.

For further information please ask a member of staff or visit www.entuk.org