

# Orange Dental And ENT Care Centre

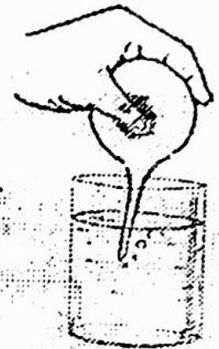
## Snore And Sinus Clinic

30K Ramkrishna Samadhi Road, Near Charring Cross Nursing Home, Behind Kakurgachi Bada Park.  
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### POST OPERATIVE NASAL CLEANING AFTER NASAL SURGERY

1. Successful surgery depends on good care of the nose after the operation.
2. Cleaning of crusts and clots from nose is essential.
3. Cleaning of nose is done with Hypertonic saline which can be prepared at home.



Procedure to be started from 2<sup>nd</sup> postoperative day and continued for up to 1 month

Preparation of Hypertonic saline :

In 1 litre of warm water, mix 3 heaped teaspoons of salt and 1 to 2 heaped teaspoons of baking soda (adjust to prevent burning or stinging). Squeeze red rubber Bulb and fill water into it.

Go to the washbasin, Bend forward with mouth open.



Insert tip bulb into nostril by 1cm at least.

Squeeze the bulb such that water forcefully enters the nose. The water will come out Through mouth and nose. You may experience some uneasiness and cough during the procedure.



Repeat procedure for other nostril as well. Use at least ½ liter at a time.  
Repeat thrice daily.

At the end of the wash, blow your nose to remove crusts. Use nasal steroid spray only after 10 minus after washing at night.

\*(Accredited for Diploma National Board Training in ENT by National Board of Examinations, New Delhi)  
CHINNAMMAL ENT Hospital, Noombal and CHINNAMMAL ENT Medical Education and