

Useful Telephone Numbers

ENT Partnership

Surrey Clinic – 01252 852552

Hampshire Clinic – 01256 377733

Frimley Park Hospital

Switchboard – 01276 604604

Parkside – 01276 604703

FI (Children's Ward) – 01276 604226

ENT Ward – 01276 604130

North Hampshire Hospital

Switchboard – 01256 473202

DTC – 01256 313332

The Hampshire Clinic

Switchboard – 01256 357111

Lyde Ward – 01256 377773

Enbourne Ward – 01256 377772

Clare Park Hospital

Switchboard – 01252 850216

The ENT Partnership – Surrey Clinic

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Also at The ENT Partnership – Hampshire Clinic

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Information for Patients on

Saline Nasal Douche

Introduction

Following nasal surgery or as part of the non-surgical treatment of your nasal condition, you may be advised to perform Saline (saltwater) nasal douching.

For the first week or so after surgery you will feel blocked up and congested. This is quite normal and occurs because of the swelling inside the nose. It is also likely that you will have both crusts and mucous in the nose as well as some bloodstained discharge.

To help keep the nose clear you are advised to 'douche'. This can be performed in 2 ways:

1. Home-made salt-water solution:

- To make the saltwater solution, mix half a pint of boiled water with half a teaspoon of salt; store this solution in a covered container.
- You will be provided with a 10ml syringe on discharge from the ward or from the outpatient department.
- Once the solution has cooled, fill the syringe completely and spray the saltwater into one side of the nose.
- Repeat this on the other side of the nose.
- This needs to be performed three or four times daily to clear the secretions and crusts.
- After use, take the syringe apart, wash thoroughly with hot water and leave to dry. Put the syringe back together when it is dry.

2. Pre-made commercial saline spray which is called Sterimar can be purchased from your local chemist (e.g. Boots, Lloyds).

- Use 2 sprays to each side of the nose, three or four times a day.
- Some surgeons will prescribe some nose drops or a nasal spray for you to use after the saline nasal douche.

Sources of additional information

The Surrey & Hampshire ENT Partnership
www.entpartnership.co.uk

British Association of Otorhinolaryngologists
www.entuk.org