



## *Antibiotic Nasal Irrigation*

Antibiotic nasal irrigation is generally used to maximize the health of the sinuses without the need for multiple oral antibiotics in persons with a history of chronic sinus problems. Your doctor will give you a prescription for the antibiotic solution that is best for your symptoms. Please realize that many of these prescriptions require special pharmacies (often called compounding pharmacies) that may not be readily available in small or rural towns. Therefore, you may wish to fill your prescription before leaving the Metro Jackson area.

### ***Instructions:***

1. Fill bulb syringe or water pick with antibiotic solution.
2. Lean your head over the sink.
3. Insert either a bulb syringe or a water pick into your nose an inch or less.
4. Wash out your nose with enough solution until it runs back out clear (at least 50cc).
5. Perform nasal irrigation twice a day as long as directed or until instructed to use a taper schedule (see below).

### ***Typical Taper Schedule:***

1. Three weeks antibiotic wash then one week salt water wash.
2. Two weeks antibiotic wash then two weeks salt water wash.
3. One week antibiotic wash then three weeks salt water wash.
4. If at any time during the salt water phase you develop symptoms of a sinus infection, switch back to the antibiotic solution immediately until symptoms resolve.
5. Using this taper as a general plan, we encourage you to adjust your schedule as needed to best manage your symptoms. If you have questions regarding the taper, please feel free to ask.

### ***For Questions or Emergency Care:***

Call the office at **601-984-5160**. You may need to speak with the doctor on-call.