Alyeska Center for Facial Plastic Surgery & ENT

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**Pulmicort nasal rinses:**

Method 1:

Fill a Neilmed saline bottle according to the product instructions. Add a 0.5 mg Pulmicort respule to the mixture. Irrigate each side of the nose with half of the mixture in the bottle. You can improve delivery of the medication with a nasal “inhalation” technique of the mixture, and then spitting it out of your mouth. Repeat this irrigation up to two times daily.

Method 2:

Add 1 0.5mg respule of Pulmicort to 5ml of saline. Draw this mixture up in an oral syringe. Lie on your back with your head upside down and backward (laying your head hanging over the edge of a bed works fine). Instill the saline and Pulmicort respules in the nose while lying in this position. Let the mixture sit in the sinuses for 3 to 5 minutes. Repeat up to twice a day.

If you have questions or concerns following your surgery please contact our office.