

## 鼻窦冲洗液

### 如何使用 NeilMed 鼻窦冲洗液瓶

#### 步骤

每天早晚各冲洗鼻窦两次。每次请遵循以下步骤：

1. 洗干净双手。
2. 使用 NeilMed 瓶和吸管前，检查是否有任何颜色变化或破损。丢掉所有有这些问题的用品。
3. 干净的瓶子装 8 盎司（240 毫升）的：
  - 蒸馏水、经 0.2 微米过滤器过滤或反渗透过滤的水；
  - 市售瓶装水；或
  - 煮沸后凉白开
4. 你可以用微波炉加热水。每次只加热 5-10 秒。在手背测试液体温度，确保是温度而不是烫的。如果水太烫，可能会损坏瓶子或烫伤鼻腔。大多数人认为温水最舒服。
5. 鼻窦冲洗液倒入瓶中。您也可以使用 1 茶匙自制混合物（参见第 3 页）。
6. 如果您的医生开了药添加到您的鼻窦冲洗液中，请将其添加到瓶中。如果药物是：
  - 胶囊，请打开胶囊，将内容物倒入瓶中。将空胶囊扔进垃圾桶。
7. 拧紧瓶盖和吸管。用一根手指按住瓶盖尖端。轻轻旋转或摇晃瓶子，使混合物溶解。



倒 8 盎司的水到瓶子里



加入药包或自制药粉



清洗鼻窦

8. 站在水槽前。身体微微前倾，头部低垂。保持嘴巴张开，但不要屏住呼吸。将瓶盖靠近一侧鼻孔。
9. 轻轻挤压瓶身，直到溶液从另一侧鼻孔流出。
10. 清洗时，发出“咔咔”的声音，防止溶液流进喉咙后部。不要吞咽。如果溶液流进喉咙后部，请将其吐出。
11. 挤压直至用完一半（120 毫升或 4 盎司）。
12. 换另一侧重复此操作。

### 注意事项

- 有时溶液会积聚在鼻窦和鼻腔中。冲洗数小时后，溶液会从鼻孔滴落。这虽然无害，但可能会造成困扰。为避免这种情况发生：
  - 冲洗后，身体前倾，头部侧倾，轻轻擤鼻涕。然后，将头歪向另一侧，再次擤鼻涕。您可能需要重复几次。这有助于清除鼻腔中多余的黏液和生理盐水。
- 如果您的医生开了鼻喷雾剂，请在冲洗后 10 至 15 分钟使用。请勿在冲洗前使用鼻喷雾剂。
- 要观看 1 分钟的鼻腔冲洗视频，请访问以下网页：  
[www.youtube.com/watch?v=DYZDeiOVJx0](http://www.youtube.com/watch?v=DYZDeiOVJx0)

### 如何清洁 NeilMed 鼻窦瓶

1. 用流动的自来水冲洗瓶子、吸管和瓶盖。将经过蒸馏、微滤（0.2 微米）、反渗透过滤、市售瓶装或煮沸冷却后的温水倒入瓶中。
2. 加入几滴洗洁精或婴儿洗发水。盖上瓶盖和吸管。用一根手指按住瓶盖开口，摇晃瓶子。
3. 用力挤压瓶子。这有助于肥皂液清洁管子内部和瓶盖。将瓶子完全倒空。
4. 彻底冲洗瓶子、瓶盖和吸管。确保所有肥皂都冲洗干净。将物品放在干净的纸巾上晾干。
5. 还有一个步骤，将瓶子、瓶盖和吸管放入微波炉加热 40 秒。这可以对瓶子、瓶盖和吸管进行消毒。

## 注意事项

- 如果最近使用过微波炉，请确保微波炉内部已冷却至室温后再使用微波炉对瓶子进行消毒。
- 请勿使用洗碗机清洗瓶子内部。
- 如果发现奶瓶有任何颜色变化或破裂，请将其丢弃并更换新的。
- 每 3 个月更换一次瓶子。
- 要了解 NeilMed 消毒方案，请访问此网站：  
[www.neilmed.com/usa/use\\_npsr.php](http://www.neilmed.com/usa/use_npsr.php)

## 如何自制生理盐水

- 购买以下用品：
  - 不含碘化物、防腐剂或抗结剂的腌制盐、罐装盐或犹太盐
  - 小苏打
- 在一个干净的碗中，将 3 茶匙盐与 1 茶匙小苏打混合。
- 存放在密封的小容器中。
- 清洗时，在水中加入 1 茶匙此混合物（参见第 1 页的步骤 5）

### 有问题？

您的问题非常重要。如有任何疑问或顾虑，请致电您的医生或医疗保健提供者。

耳鼻咽喉/头颈外科中心：  
206.598.4022

## Sinus Rinse

### *How to use the NeilMed Sinus Rinse bottle*

#### Steps to Follow

Do your sinus rinse 2 times a day, in the morning and at night. Follow these steps each time:

1. Wash your hands well.
2. Before using the NeilMed bottle and straw, check for any color changes or cracks. Throw away any supplies that have these issues.
3. Fill the clean bottle with 8 oz. (240 mL) of:
  - Water that has been distilled, filtered through a 0.2 micron filter, or filtered by reverse osmosis;
  - Commercially bottled water; or
  - Tap water that was boiled and cooled
4. You may warm the water in a microwave. Heat for only 5 to 10 seconds at a time. Test the solution on the back of your hand to make sure it is warm, not hot. If the water is hot, it could damage the device or scald your nasal passage. Most people say that a warm solution is the most comfortable.
5. Empty the NeilMed Sinus Rinse packet into the bottle. You can also use 1 teaspoon of your homemade mix (see page 3).
6. If your provider prescribed medicine to add to your sinus rinse, add it into the bottle. If the medicine is:
  - A capsule, open the capsule and pour the contents **only** into the bottle. Throw the empty capsule in the trash.
  - A liquid or gel, add the prescribed dose to the bottle.



*Pour 8 oz. water into the bottle*



*Add the packet or homemade mix*



*Do your sinus rinse*

7. Tighten the cap and straw on the bottle. Place 1 finger over the tip of the cap. Swirl or shake the bottle gently to dissolve the mixture.
8. Stand in front of a sink. Bend forward slightly and tilt your head down. Keep your mouth open but do not hold your breath. Place the cap near 1 nostril.
9. Gently squeeze the bottle until the solution drains from the other nostril.
10. Say “ka-ka-ka” to help keep the solution from going down the back of your throat. Do **not** swallow the solution. If it is in the back of your throat, spit it out.
11. Squeeze until half of the bottle (120 mL or 4 oz.) is used.
12. Repeat on other side.

### Notes

- Sometimes the solution can pool in the sinus cavities and nasal passages. It will then drip from your nostrils hours after rinsing. This is harmless, but can be bothersome. To keep this from happening:
  - After rinsing, lean forward, tilt your head sideways and gently blow your nose. Then, tilt your head to the other side and blow again. You may need to repeat this several times. This will help rid your nasal passages of any excess mucus and saline solution.
- If your provider prescribed a nasal spray, use it 10 to 15 minutes **after** doing the rinse. Do **not** use the nasal spray before you rinse.
- To watch a 1-minute video on how to do a nasal rinse, visit this webpage: [www.youtube.com/watch?v=DYZDeiOVJx0](http://www.youtube.com/watch?v=DYZDeiOVJx0)

### How to Clean the NeilMed Sinus Bottle

1. Rinse the bottle, straw, and cap with running tap water. Fill the bottle with lukewarm water that has been distilled, micro-filtered (through 0.2 micron), reverse osmosis filtered, commercially bottled, or previously boiled and cooled.
2. Add a few drops of dish washing liquid or baby shampoo. Attach the cap and tube to the bottle. Hold 1 finger over the opening in the cap and shake the bottle well.

3. Squeeze the bottle hard. This helps the soapy solution clean the inside of the tube and the cap. Empty the bottle all the way.
4. Rinse the bottle, cap, and tube well. Make sure all the soap is washed away. Place the items on a clean paper towel to dry.
5. For an extra step, place the bottle, cap and straw in the microwave for 40 seconds. This will disinfect the bottle, cap, and tube.

## Notes

- If the microwave has been used recently, make sure that the inside of the microwave has cooled back down to room temperature before using it to disinfect the bottle.
- Do **not** use a dishwasher to clean the inside of a bottle.
- If you see any color changes or cracks in the bottle, throw it away and use a new one.
- Replace your bottle every 3 months.
- To read the NeilMed Disinfection Protocol, visit this website: [www.neilmed.com/usa/use\\_npsr.php](http://www.neilmed.com/usa/use_npsr.php)

## How to Make Your Own Saline Rinse

- Buy these supplies:
  - Pickling, canning, or kosher salt that does **NOT** contain iodide, preservatives, or anti-caking agents
  - Baking soda
- In a clean bowl, mix 3 teaspoons of salt with 1 teaspoon of baking soda.
- Store in a small, airtight container.
- When doing your rinse, add 1 teaspoon of this mixture to the water (see step 5 on page 1).

### Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

**Otolaryngology/Head and Neck Surgery Center: 206.598.4022**