

## **Nasopure® for Nasal Washing**

Saline nasal washings have been used for centuries to clear nasal passages. Daily washing cleans and moisturizes both the nasal and sinus membranes. Anyone with allergies, asthma, sinus infections, ear issues, post nasal drip, snoring, nose bleeds or a focus on prevention can benefit from this daily habit. Nasal washing can be accomplished with any number of salt mixtures for a saline solution and a delivery system. Traditionally a neti pot, a tea pot shaped vessel, has been used to flow salt water into one nostril, through the sinus cavities and out the other nostril. Some examples of nasal washing products include SinuCleanse® and Ayr® Saline Nasal Rinse. A patented bottle design developed by the ‘congested nose expert’ is Dr Hana’s Nasopure Nasal Wash System. Dr. Hana has decades of experience in helping both children and adult patients with nasal, sinus, and ear problems caused by colds, allergies, infections, and exposure to pollution. The squeezable, plastic bottle has a unique, angled neck to allow for a neutral head and neck position while offering precise control of the solution from a light rinse to a steady flow. Nasopure cleanses the nasal membranes, while flushing sinus contents as the solution exits the opposite nostril. The bottle is available in 4 oz. & 8 oz. size, is convenient for shower and travel. Children as young as two years can easily learn to wash their own nose.

Some benefits of nasal washing include:

- Improves nasal and sinus health.
- Clears out sticky, thick mucus by thinning secretions.
- Allows the sinus cavities to drain freely so allergens, irritants, bacteria, viruses and contaminants can be eliminated.
- Helps reduce the number of viral particles, such as found in the common cold.
- Relieves nasal dryness.
- Helps to reduce medication use for infections of the nose, ears, sinuses and throat.
- Reduces coughing and other symptoms of post-nasal drip.
- May reduce snoring and maintains moist nasal membranes for CPAP users.

The Nasopure Salt Mix contains pharmaceutical grade sodium chloride and sodium bicarbonate; Swish Stix® packets so that the solution is always the perfect mix—you add water to achieve the salinity you prefer. The hypertonic solution works by osmosis to shrink swollen membranes, wash out debris and thins thick, sticky secretions. The salty flush of water actually draws or pulls from the sinus cavity so that it can drain naturally and freely. The bicarbonate acts to buffer the solution, therefore making it easier to tolerate and soothes irritated membranes.

Hypertonic solution is saltier than the body; ocean water is an example. Isotonic means the solution has the same salt concentration as your body. Isotonic solutions do not have as many benefits as hypertonic solutions, but many people like to begin nasal washing with a milder solution, or use isotonic solutions for frequent cleansings.

A buffered hypertonic solution has several benefits:

- Thins thick secretions most effectively.
- Improves the filtering mechanisms of the nose.
- Removes 80% of allergens, thereby reducing allergy medication needed.
- Shrinks swollen membranes.
- Similar to ocean water and is safe.
- Augments healing of raw or irritated tissues.

How to use Nasopure®:

### **For prevention:**

Wash once per day or after exposure to irritants

### **For mild to moderate congestion or discharge:**

Wash twice per day. Hypertonic is most effective, but isotonic can also be used.

### **For moderate to severe congestion, discharge or infection:**

Wash up to 4 times per day. Hypertonic is recommended for the most dramatic results, but isotonic can also be used.

Dr. Hana’s Nasopure® is available at Wheelock Pharmacy.