

NASAL DOUCHING

Climate and non-indigenous noses are not designed to cope with this!

Every individual produces about one and half-pints of nasal mucous each day. The mucous is usually thin and it slips down the back of the nose and is swallowed without us being aware of it.

If mucous hangs around in the nose for a long period of time (this can occur due to smoking, for example), the mucous can occasionally dry out and get thicker. This produces a thicker mucous which can feel like a post-nasal drip. When several layers of mucous do this, a crust can form. Under thick crusts germs (bacteria) can collect and this can interfere with normal nasal function.

If the throat is sore or inflamed, it becomes very sensitive. As such, if even thin mucous drips down, it can be like water hitting hot-coals and you are aware of it much more. A lot of patients feel the need to clear their throat because of this.

By thinning down the mucous, many of these symptoms can be controlled to a greater or lesser degree. Mucous is like a Jelly. the more water we can add to it, the thinner it becomes!! Pure water is harmful to the nose as it can damage the hair cells that move the mucous through the nose. We therefore need to use a solution that is in harmony with the body itself.

A FESS-spray is a commercial solution of salt-water that can be purchased from any pharmacy but this is quite expensive. An alternative is outlined below. Some patients find it is helpful to purchase one bottle of spray then make up their own recipe and use the original bottle to deliver it into the nose.

Use the spray at least 5-times per day. There is no harm in taking too much!! The more you can use it, the quicker the nose will return to normal.

Douche mixture for the nasal cavity:

Mix ½ teaspoon of salt, ½ teaspoon of sugar, and ½ teaspoon of sodium bicarbonate in 2 pints of boiled water, which has been left to cool.

Put the mixture into the old FESS bottle and keep it in the fridge. It should keep for up to 2 weeks but it is safest to change the solution every few days for hygiene reasons.

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