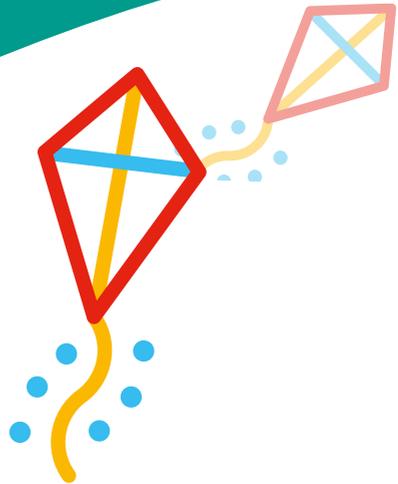


# Nasal rinsing for children and adolescents with PCD

Information for patients,  
parents and carers



## This guidance is for use with Yogi's Nosebuddy® nasal rinsing sets.

This information is to supplement the advice provided by your child's physiotherapist. Your physiotherapist will advise how often your child should rinse their nose.

### Why should people use nasal rinsing?

Sinus rinsing is used by some people with allergies, sinusitis (inflammation of the sinuses) or conditions where the mucus in the nose is difficult to clear.

Sinus rinsing can help to moisten the surface on the inside of the nose and flush out mucus and mucus plugs.

### When should nasal rinsing not be used?

- If the nostrils are sore, swollen or red
- If the inside of the nose has been injured
- During a severe nosebleed and immediately afterwards

***Before using nasal rinsing, if your child has any of the following you should speak to their doctor or physiotherapist:***

- Reduced gag reflex
- Inability to follow instruction
- Neck discomfort or injury
- Altered nasal or sinus anatomy which would prohibit safe use or benefit
- Following nasal or sinus surgery (Speak to your child's ENT surgeon in this case)

## Potential side-effects of nasal rinsing

Nasal rinsing with a lukewarm 0.9% sodium chloride nasal rinsing solution (as prepared overleaf) has no known serious side-effects.

Very rarely, despite correct use, slight irritation of the lining of the nose may occur. 'Smarting' (a stinging sensation) will only usually occur if the nasal rinsing solution is either not salty enough (hypotonic) or too salty (hypertonic). 'Smarting' may also occur when using 0.9% sodium chloride nasal rinsing solution if the nasal mucous membrane is severely inflamed.

*In the following circumstances you should consider stopping nasal rinsing and discussing with your child's ENT/PCD consultant:*

- Increased earache or sinus pain
- Mucus containing blood or pus
- Increased chronic mucus congestion
- High or continuing fever
- Lump sensation in nose or throat (nasopharynx)
- Hoarseness following nasal rinsing
- Additionally, any side-effect not listed above, which is adversely affecting your child's health and well-being.

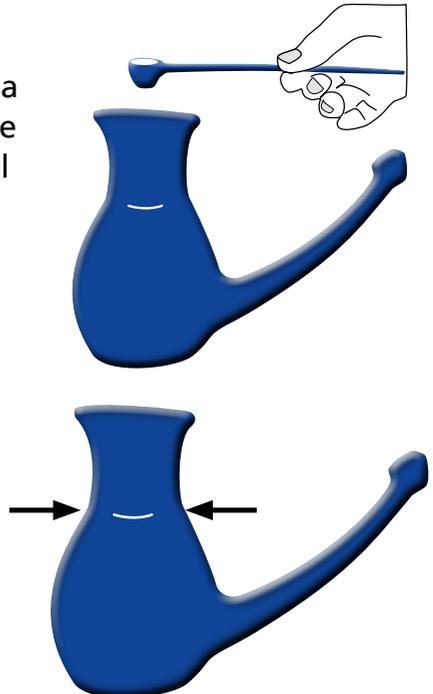
## Preparation of the nasal rinsing solution (0.9% sodium chloride)

A clean nasal rinsing pot and a freshly prepared rinsing solution should always be used.

- Prepare the water:
- Run cold drinking water tap for 30-60 seconds.
- Place cold water in a clean pan on the hob and bring to the boil.
- Boil continuously for 3-5 minutes
- Remove the pan from the heat and put the lid on.
- Leave the water to cool to an appropriate temperature (see below).

### Prepare the salt solution:

- Using the spoon provided, place a level spoonful of cooking or table salt of food quality into the nasal rinsing pot.
- Add cooled boiled water to the marking line on the pot.
- Stir the solution with the spoon until the salt has dissolved in the water



- Make sure the salt is added before cooled boiled water to make sure the solution is equally mixed in the main body of the pot and the spout.
- Test the temperature of the solution on the inside of the wrist before use to make sure it feels comfortable (not too hot or cold). If your child is too young to do this safely for themselves, then you can test it on the front of your own wrist.

## Procedure for the person doing the nasal rinsing

- Make sure you have a towel, a plastic bowl to catch the water and some tissues to hand.
- Hold the nasal rinsing pot in the right hand and insert the tip of the spout into the right nostril so it fits snugly.
- Breathe through the mouth during rinsing. With younger children, singing during nasal rinsing helps them understand how to do this.
- Bend forward over the basin and tilt the head so the left ear down towards the bowl.
- Lift the pot gently so the solution runs gently into the right nostril. If the nose is less blocked it should come out of the left nostril.
- Ideally continue until half of the solution has been used.
- Repeat the rinsing through the opposite side (pot in the left hand, spout to the left nostril and right ear down towards the bowl). Stop to rest and blow the nose.
- When blowing the nose, it should be fast but not forced. Blow one nostril at a time.

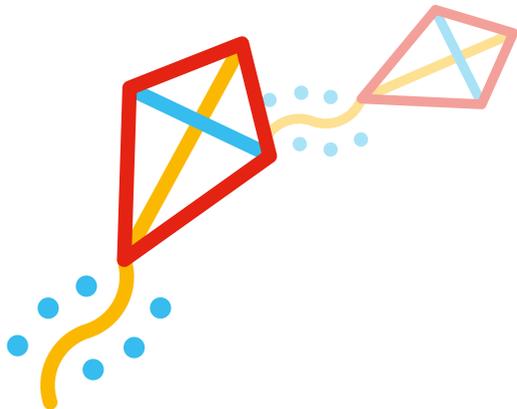
## Care and cleaning of the equipment

- When the session is finished, flush any used nose washing solution down the toilet.
- Wash the spoon, pot, pan and bowl in warm soapy water. Rinse them in warm running tap water. Leave them to air dry upside down on a clean surface e.g. kitchen roll.
- Store nasal rinsing pot, spoon, pan and lid upside down in a clean, dry environment.
- Once per week after the spoon and pot have been washed sterilise the pot either in a steriliser or a dishwasher
- The nasal rinsing pot and spoon should be replaced if they become visibly soiled or if they show signs of wear / damage.

## References

- Yogi's Nosebuddy instruction brochure Available from: [https://www.yogameditation.com/wp-content/uploads/2016/07/NoseBuddy\\_user\\_manual\\_UK144.pdf](https://www.yogameditation.com/wp-content/uploads/2016/07/NoseBuddy_user_manual_UK144.pdf) Accessed 13th March 2018.
- Cameron, S. (2013) Standard Operating Procedure (SOP) for Nasal Rinsing. West Midlands Regional Adult CF Centre.

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