

Antibiotic Nasal Rinse

Items you will need:

1. 8 ounce bottle of **Neil Med** solution. This essential is saline solution (a salt solution that is similar to your body's natural secretions). You can find this in most stores or pharmacies. Make sure you use a clean water source. You may boil the water as below, or purchase a large bottle of distilled water.
2. Bactroban (mupirocin 2%) ointment, one tube (usually 15 grams per tube). This requires a prescription which your doctor will provide.

Alternatively, if you want to make your own saline solution, following are the items you will need:

1. A bulb syringe (like you would use for a baby's nose) or a Neil Med bottle
2. Salt.
3. Baking Soda.
4. One 15 gram tube of Bactroban (mupirocin 2%) ointment

To prepare the solution to irrigate your nose, you will need to boil water for 10 minutes, which will kill all the bacteria. Then add 1/4 teaspoon of salt and 1/4 teaspoon of baking soda for each 8 ounces of water. This may be done before boiling, but the lid should be on the pan so the concentration stays fairly close. The water should then be cooled to body temperature. This would be a comfortable temperature when tested on your wrist similar to how you would test a baby's bottle on your wrist for the temperature of the liquid in the bottle.

You may store this solution in the refrigerator in a container that is essentially sterile. The container may be "sterilized" by running it through the dishwasher. Your water should be set as hot as it can be set. (If you have small children around the house, you will need to lower the temperature so the child cannot become burned during bath time). If the solution is stored in the refrigerator, you may warm it in the microwave to a comfortable temperature. To sterile the bulb syringe, you may fill it with water and boil-it for 10 minutes. The syringe should be cleaned daily.

Mix 5 grams (1/3 of a 15 gram tube) of Bactroban to 8 ounces of the saline solution as prepared above. Or you may add this to 8 ounces of Neil Med saline solution.

First irrigate your nose with saline without the Bactroban to cleanse your nose. How to irrigate your nose: Lean over a sink, close your soft palate. To do this, you can attempt to make a K sound without actually making the noise, and this will close the soft palate so the solution will not run into your mouth.

Afterwards, gently irrigate your nose on each side, three times a day with about 30 ml (one ounce) on each side with this Bactroban solution. Usually you will need to do this for 7-10 days.