Got Sinusitis? THINK SALINE

The updated AAO-HNSF adult sinusitis guideline shows nasal saline irrigation may reduce symptoms, decrease medication use, and improve quality of life for adult patients with acute or chronic sinusitis.

There are many over the counter saline solutions available, but patients can make their own saline solution at home:

- 1 quart (4 cups) boiled or distilled water
- 1 teaspoon baking soda
- 1 teaspoon non-iodized salt

Ask your doctor for more information or visit: www.entnet.org/adultsinusitisCPG