

Nasal Irrigation for Chronic Sinusitis

Shampoo (Johnson's & Johnson's Baby)

Directions: 1 ml (1/4 tsp) baby shampoo into 250 ml of your saline solution (1 sinus rinse bottle, water and salt packet). Irrigate each side of your nose with 125ml (half of the bottle) of this solution daily.

THEN

Gentamicin

Directions: You should mix 1mL of Gentamicin (from the pharmacy) into 250 ml of your saline solution (1 sinus rinse bottle, water and salt packet). Irrigate each side of your nose with 125ml (half of the bottle) of this solution daily. Spit out solution. Do not swallow the antibiotic.

THEN

Flonase

Directions: Sprays each nostril with 2 sprays of Flonase.