

Ayr Bottle Sinus Rinse with Mupirocin Antibiotic Ointment Instructions

Get the **Ayr brand squeeze bottle** but get the **Neilmed brand salt packets**. These can be found at local pharmacies or online. Sinus rinse with the mupirocin ointment should be used once daily for 3-5 days at first sign of sinus infection. You can always use the saline rinse without the antibiotic ointment as needed to maintain sinus hygiene.

Instructions:

1. Tear open and pour Neilmed brand salt packet into the Ayr brand bottle.
2. Squeeze approximately a $\frac{3}{4}$ inch strip of the prescribed mupirocin antibiotic ointment into the bottle.
3. Fill the Ayr bottle to dotted line with FILTERED/PURIFIED water at body temperature (not too cool, not too hot) and do not use regular tap water or well water.
4. Secure top.
5. With cap closed, vigorously shake the bottle. The ointment will not completely break up...this is normal.
6. As per the bottle's box instructions, lean over the sink, place the cap tip into one nostril and gently squeeze the bottle to flush from that side of the nose over and out the other side. Gently blow your nose to get mucus out. Then put the cap tip into the other nostril and gently squeeze the bottle to flush out from that direction. Keep doing this, alternating sides, until the bottle is empty.
 - a. It's OK if some of the saline solution goes down the back of the throat...just spit it out.
 - b. Tip: if your nasal passages are too congested for saline solution to go "up, around, and out the other nostril" then about 15 minutes before you do the next saline rinse, spray Afrin in each nostril to shrink down the swollen tissues first
 - i. Using Afrin (or other brands of Oxymetazoline) sparingly like this is OK...some folks get "stuck" on Afrin if they overuse it as there may be a "rebound" effect where the nasal tissues swell larger as the spray wears off.
7. Clean, rinse, and dry the bottle per box instructions.

Tip: If you forget to put the salt mix into the water, then the plain water irrigation will cause an intense BURN sensation in the nose and sinuses. If that happens then quickly remake the bottle with the salt mix and flush out the nose/sinuses to help stop that intense burn feeling.