

Application of Betadine Antiseptic Topical Solution with Sinus Rinse

To help control crusting in the sinuses, the Betadine antiseptic solution can be easily added to the Sinus Rinse bottle, and delivered with the lavage itself

1. Attach an 18G drawing up needle (pink in colour) to a 3ml syringe
2. Draw up 2mls of betadine antiseptic solution into the syringe
3. Remove the black cap from the Sinus Rinse bottle
4. Squirt the betadine solution into the Sinus Rinse bottle
5. Add the solute (salt sachet or xylitol) and then warm water
6. Replace the black cap and mix thoroughly
7. Apply half the volume to each nostril

Sinus rinsing works best if multiple bottles are applied to the sinuses, rather than just one. Always add the betadine solution only to the last bottle of a volley of rinses.

Add Betadine antiseptic solution twice daily to your Sinus Rinse bottle.

Sometimes the Betadine solution stings after application. If this is moderate to severe or lasts for more than a few minutes, stop adding Betadine to your wash.

Do not use if you are allergic to iodine.

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