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**It is important to keep the upper airway open and clear, maintaining a moist environment in the nasal cavity can help improve nasal congestion and drainage from the nose.**



## Perform nasal/sinus hygiene every morning and every night!

We recommend Xlear Sinus Care products or Saline Spray.

Xlear Sinus Care products are the only natural sinus care system that works against bacteria. It contains xylitol, a natural ingredient that works against bacterial colonies. Pure xylitol is a white, crystalline substance found in many fruits and vegetables. The Xlear solution do not only cleanses, but also hydrates dry, irritated tissue.

It doesn't contain drying antihistamines and decongestants and may help with nighttime breathing, particularly if you are mouth breathing or snoring because of allergies or sinusitis.

# Instructions Nasal/Sinus Hygiene

*In a 8 ounce nasal sinus irrigation bottle:*

1. Add 8oz of distilled water
2. 1/4 tsp of baking soda
3. 1/4 tsp of salt
4. 1/2 tsp of xylitol

**If necessary to help the patient closing his/her mouth** in the first few nights or weeks, it is advisable to use Breathe Right Nasal Strips or breathable Micropore tape (3M ) to seal the lips during the sleep.



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