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sinus care

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Important Warning

This information is only for patients of Michael Cheikin MD. Risk of serious injury if utilized without proper ongoing medical supervision.

- 1. Use distilled or filtered water. Boiling is not necessary but can help dissolve salt packet.**
- 2. Use a little less than a whole packet of SinuAir with 16 oz of (above) water, mix in a glass jar. Do not mix in the Sinupulse container or Neti. Water should be clear and room temperature before use.**
- 3. Start with 4 oz, 2 oz per nostril. Build to 16 oz total (500-600 ml) or 8 oz per nostril. Start at 1x/day, can increase to 2x/day if beneficial.**
- 4. If all good, then start by adding 1/4 to 1/2 tsp Alkalol to the water. Can build to 1-2 tsp.**
- 5. Any difficulties, stop or go back to prior step (less volume, less Alkalol) until next visit. Can use urgent care line (Option 1) with urgent issues. Any acute issues go to ER.**