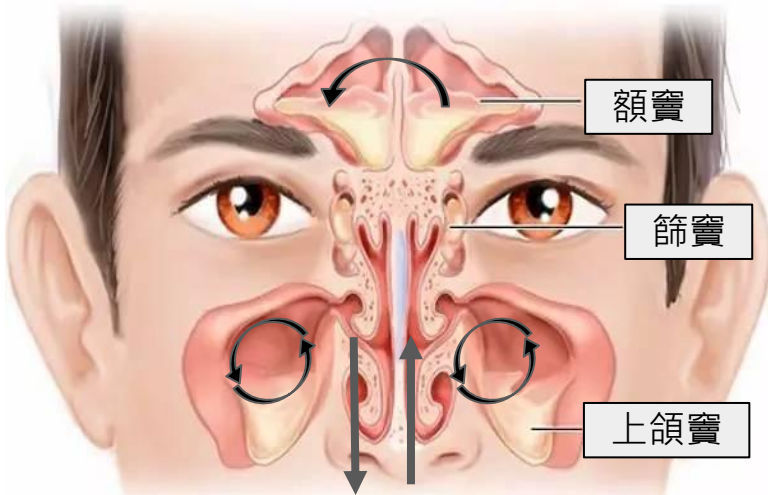


# 如何正確地沖洗鼻

## 為何沖洗鼻腔？

鼻腔沖洗有助於減少鼻竇感染的頻率和嚴重程度，以及由過敏原或其他原因而引起的鼻炎症相關症狀。鼻腔沖洗有助於減少鼻竇感染的頻率和嚴重程度，以及由過敏原或其他原因而引起的鼻炎症相關症狀。鼻腔沖洗的原理是稀釋和去掉引起炎症的黏液，並沖洗掉鼻腔和鼻竇裡的刺激物和細菌。鼻腔沖洗有助鼻竇手術後的患者促進癒合。其他治療藥物包括類固醇噴霧劑，粉劑或液態類固醇。



## 自製生理鹽水的方法



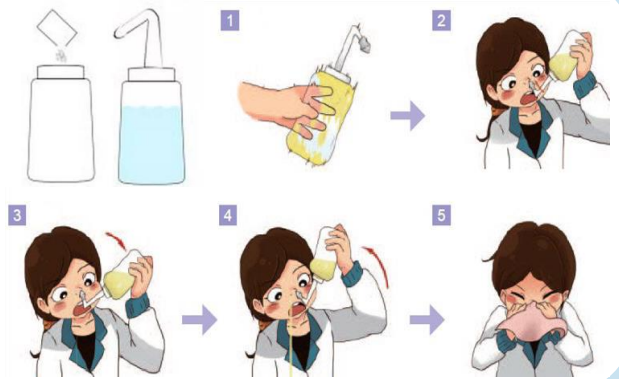
8 盎司  
微溫蒸餾水或開水



1 茶匙無碘鹽

## 沖洗鼻腔的步驟

1. 用肥皂清洗雙手至少20秒鐘。
2. 把微溫生理鹽水加入擠壓式洗鼻瓶中，或將1茶匙無碘鹽加入8盎司蒸餾水或開水中混合。
3. 搖晃瓶子確保鹽粒完全溶解。
4. 洗鼻時，身體傾前，靠近洗手盤或淋浴間。
5. 頭部45度向左或右傾側。
6. 保持口張開並用口呼吸；擠壓瓶子，將鹽水擠入鼻腔中，使鹽水由另一側鼻孔流出。
7. 換另一邊鼻孔，重複以上步驟。



## 沖洗鼻腔後會發生什麼？

- ❖ 沖洗後會感到清爽舒適
- ❖ 常見不良反應：輕度鼻刺激，耳壓，輕度鼻出血

如需了解更多有關清洗鼻腔的知識，請諮詢您的家庭醫生。



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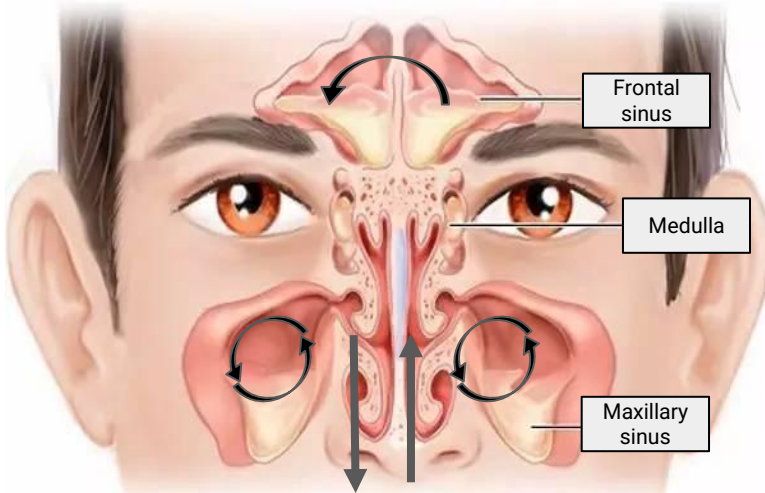


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# How to Perform a Nasal Rinse

## Why nasal irrigation?

Nasal rinsing (Nasal irrigation) helps reduce the frequency and severity of sinus infections and the symptoms associated with inflammation of the nose due to allergies or other causes. Nasal irrigation thins and removes mucus that causes inflammation, and flushes out nasal irritants and bacteria from the nose and sinus cavities. It is recommended for patients after sinus surgery to promote healing. Other forms of treatments include topical nasal steroid medications that come in the form of sprays, powder, or liquid.



## How to make saline solution



8 oz of warm distilled water or boiled water

1 teaspoon of non-iodized salt

## How to perform nasal irrigation

1. Wash hands with soap for at least 20 seconds.
2. Fill a squeeze bottle with warm saline or boiled water or mix 8 oz of warm distilled or boiled water with one teaspoon of non-iodized salt.
3. Mix well and make sure salt particles are completely dissolved.
4. Lean over a sink or in the shower.
5. Tilt your head 45 degrees to the left or right.
6. Keep your mouth open for breathing; squeeze the bottle to deliver the irrigation into one nostril and let it flow out of the other nostril.
7. Repeat for the other nostril.



## What to expect

- ❖ A sense of freshness and cleanliness in the nose after rinse
- ❖ Common adverse effects: mild nasal irritation, ear pressure, minor nose bleeding

**Please consult with your physician for more information about nasal irrigation.**



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