

ENT Institute of NJ

Don S. Respler M.D.

2 South Summit Ave

Hackensack, NJ 07601

Phone: **201- 996-9200**

email: AngelsofENT@gmail.com

Website: DrRespler.com

RECIPE FOR HYPERTONIC SALINE SOLUTION

- 1 quart water
- 2 teaspoons Coarse Kosher or Sea salt (should not contain iodine)
- 1 teaspoon Baking Soda

Combine ingredients in **glass** container and fill nasal spray bottle as needed.
Use 5-10 sprays per nostril 2 – 3 times per day.

Each solution is only good for one week.

Make sure to discard, rinse container and remake saline solution every week