



ST. PAUL'S SINUS CENTER

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*Endoscopic Sinus and Skull
Base Surgery, Rhinology and
Nasal Physiology*

Nasal Saline Irrigation

You will need the following.

1/2 teaspoon of canning, pickling or sea salt. Not table salt!

1/2 teaspoon of baking soda.

240 ml's of sterilized water, boiled or cooled.

Nasal sinus rinse bottle.

Use a sinus bottle with tip facing up to irrigate your nose. Bend your head far forward over a tub or sink. Place the tip of the bottle just inside your nostril and flush your nose with a moderate amount of force. Repeat this twice on each side. Repeat the entire sequence two to three times daily.

If you have been prescribed nasal steroid sprays, use them five to ten minutes after you have irrigated your nose.

NOTE: It is best not to store saline mixture overnight. If you need to, then refrigerate. Also, make sure to clean your syringe bottle after each use with soap and water and then air dry.

Amphoterecin-B Irrigation

Pharmacist

Mix 100 mg of Ampho-B powder in 500 cc of sterile water.

Directions: Spray 6 cc into each nostril t.i.d.

Refill: Every two weeks. Keep refrigerated.

Patient

Unscrew the special atomizer spray head from the 6 cc syringe and draw up 6 cc of the solution. Replace the spray head on the syringe. With the syringe facing up, bend the head forward as far as possible. Place the tip of the spray head in the nostril and spray the entire 6 cc into the nostril. Repeat on the other side if directed to do so. Repeat for each side again so you have sprayed 12 cc in to each nostril. Repeat the entire procedure three times a day.

The syringe needs to be washed with soap and water, and air-dried after each use. Remember to place the mixed Ampho-B solution in the refrigerator between uses.

The Amopho-B once mixed with sterile water is only effective for 14 days, so a new vial needs to be mixed every 2 weeks. You will probably require at least two months of treatment to eradicate the strong infection in your sinuses.

It needs to be kept cold (refrigerated) and in a dark environment.

If you have any questions, please call the office.

Fortaz (Ceftazidime) Irrigation

Pharmacist

Ceftazidime, Mix 1 g in 200 cc of normal saline.

Refill: q. weekly x 10 repeats.

Patient

Unscrew the special atomizer syringe spray head from the 3 cc syringe and draw up 3 cc's of the solution. Replace the spray head on the syringe. With the syringe facing up, bend the head forward as far as possible. Place the tip of the spray head into the nostril and spray the entire 3 cc's into the nostril. Repeat on the other side if directed to do so. Repeat for each side again so you have sprayed 6 cc's into each nostril. Total of 12 cc's utilized each time. Repeat the entire procedure twice a day.

The syringe needs to be washed with soap and water, and air-dried after each use. Remember to place the mixed fortaz solution in the refrigerator between uses.

The fortaz, once mixed with saline, is only effective for seven to eighty days, so a new vial needs to be mixed each week. You will probably require at least two months of treatment to eradicate the strong infection in your sinuses.

Steroid Regimen

Dr. Javer has prescribed a corticosteroid (Prednisone) to help your sinus problem. It may not be wise for you to take this medication if you have tuberculosis, diabetes, severe high blood pressure, psychiatric illness, or a duodenal ulcer.

Steroids are often used together with surgery for the treatment of allergic fungal sinusitis (AFS) or intractable polypoid disease.

Because steroids can effect many body systems, there are occasional side effects you should be aware of and precautions you should take:

- Adhere exactly to the dosage that has been prescribed. Do not discontinue the medication without his/her advice.
- Because stomach ulcers are an occasional complication of steroid therapy, you should take 1 ounce of an antacid preparation like Maalox, Milanta, etc. for any symptoms of stomach upset or heartburn. If the symptoms continue, then contact the office for instructions on how to stop the medication. Also avoid aspirin, alcohol, nicotine, and substances which aggravate stomach symptoms or ulcers.
- Steroids may influence you mood resulting in nervousness, insomnia, or just the opposite - a sense of well-being and euphoria.
- Steroids can influence your response to infection / injury. Should you develop an acute infection or a severe injury, inform your physician that you are taking oral corticosteroids.
- When taken for a short period as prescribed, side effects are uncommon. Prolonged treatment at high dosages may result in some puffiness of the face, fullness in the back, neck and shoulders, weight gain, increased bone fragility, acne and increased facial hair.
- Potential long-term side effects consist of growth retardation in children and adolescents, suppression of HPA axis, Osteoporosis, Hypertension, peptic ulceration, Glaucoma, Cataracts, impaired wound healing, diminished immune response, proximal myopathy and cushing's syndrome.