

- Rhinoplasty Hygiene-

SHOPPING LIST

- Polysporin ointment- must be the ointment, not the cream
- Hydrogen peroxide
- Q-tips
- Ice packs
- Neil med sinus rinse
- Nasogel
- (Optional) Refill salt packets or make your own with directions below



TO MAKE YOUR OWN SALINE:

1. Add 1 cup (240 mL) distilled water to a clean container. If using tap water, boil it first to sterilize it, then let cool until it's room temp
2. Add 1/2 tsp (2.5 g) salt to the water
3. Add 1/2 tsp (2.5 g) baking soda