MISC sinus irrigations

Bactroban (mupirocin) saline irrigation
Mix 22g tube of Bactroban ointment in 1 L of saline. Or if you are making smaller quantities, you can use proportionally less amount of Bactroban (e.g. half a tube if making half a liter of saline). Don't worry about exact dosing. Mix well, as the ointment may not dissolve readily into solution. Store in refrigerator if there are left-overs. You can make the irrigations last longer by using regular saline for your initial irrigation, and then use a “finishing” rinse with the antibiotic irrigation.

Baby Shampoo irrigation
Mix 10 cc of Johnson’s baby shampoo in 1L of saline.

Tobramycin saline irrigation
In some cases, patients will be advised to irrigate with an antibiotic called Tobramycin. The Tobramycin bottles will require prescriptions, typically as Tobramycin 80 mg./2cc., dispense 10 vials. Appropriate syringes will be given to you by the nursing staff. Using a syringe, draw up to 1/2 cc. (20 mg.) of Tobramycin. This is added to the last 20 or 50 cc. (2 oz.) of saline. First irrigate your nose as normal with regular saline. Then perform a finishing rinse with half of the tobramycin saline through your right nostril, and the second half through your left nostril. Stronger concentrations may cause nasal irritation. Weaker concentrations may not deliver as much antibiotic as would be ideal.

Gentamicin nasal saline irrigation
Gentamicin usually comes in vials of 80mg/2mL. Mix one vial in 1L saline. Irrigate twice daily (approximately 40 mL each side) with this solution.

Pulmicort Respules:
Pulmicort 1 mg /2ml. Draw up 1ml in 1 ml syringe. Using the MAD (mucosal atomizer device) attached to the syringe, spray one nostril with the drug. Repeat for the other side.