



BOARD CERTIFIED OTOLARYNGOLOGIST

Dr. Humphreys has been trained in medical and surgical skills to treat these areas of the head and neck:

SKIN AND FACE

Including cancer, cosmetic surgery (face lift, skin resurfacing, eyelid surgery) and rehabilitation of facial paralysis.

NOSE AND SINUSES

Including allergy, sinus infection, breathing, tumors, cosmetic surgery and reconstruction, and disorders of taste and smell. Balloon Sinuplasty is designed to open blocked sinuses using a minimally invasive treatment. It is done using an endoscopic balloon technique.

EARS

Including balance disorders, infections, tumors, repair of external ear deformities, and hearing tests and treatment by surgery with hearing aids.

MOUTH

Including fractures of the jaw and other facial bones, diseases of the mouth and repair of birth defects.

THROAT AND VOICE BOX

Including swallowing and breathing problems, infections, tumors, birth defects, speech and voice diagnostics and therapy.

NECK

Including tumors of the thyroid and parathyroid glands, saliva-producing glands and other neck tumors/cancer.



BRIAN F. HUMPHREYS, M.D., F.A.C.S.

*Otolaryngology - Head & Neck Surgery
Specializing in Ear, Nose, & Throat and
Facial Cosmetic Enhancement*



BRIAN HUMPHREYS, M.D.

*Ear, Nose, Throat & Sinus Allergies
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ABOUT OUR SINUS SOLUTION

It is my pleasure to provide you my formula for mixing 3% saline for your sinus health and hygiene.

I have developed this mixture over 22 years of practicing my speciality. Scientific studies have shown that individuals who use the saline washes are sick 72% less than people who don't. That means fewer allergy, colds, flu and sinus infections.

The saline wash should be used up to twice daily. If you do this when you brush your teeth, it will not impose on your busy lifestyle. It will become part of your daily cleansing ritual and help reduce your sinus trouble.

Good sinus health doesn't just happen. You have made a great start to take control of your own sinus health.



Visit us online at
BrianHumphreysMD.com

FORMULA FOR SALINE NASAL IRRIGATION

As a part of your total nasal and sinus care, I recommend cleansing (or irrigating) the nasal passages with this 3% Hypertonic Saline wash. Saline (salt water) is one of the most popular and proven methods. "Normal saline" is commonly used in medical situations because this is the normal concentration of salt in the body (.09%). "Hypertonic" means that it is saltier than the body's cells. Ideally sterile saline should be used, but this is costly and impractical. Since the nose and sinus passages are not naturally sterile anyway, these areas may be irrigated using fresh saline prepared carefully as follows.

Formula for Hypertonic Saline

1 gallon Distilled Water - store purchased only

20-24 level teaspoons plain salt (not iodized)

2 teaspoons baking soda. This buffers out the salty sting

Optional: 4 ounces Alkalol (not alcohol). This is a eucalyptus flavoring found in the nose aisle of the pharmacy.

Pour out about 6 ounces of the distilled water. Using a small funnel, then add salt, baking soda and the eucalyptus flavoring. Shake vigorously. You now have one gallon of Hypertonic Saline - plenty to last for many uses. I recommend discarding it after 30 days and mixing a fresh batch monthly.

How to use the Saline

1. Do this when you brush your teeth, morning and evening.
2. Wash hands thoroughly with soap and water, rinse.
3. Pour one to two ounces of saline into the palm of your cupped hand over the washroom sink.
4. While bending over the sink, gently "sniff" the saline into the nostrils. Some sneezing and gagging is normal at first. If some gets into the throat, just spit it out. After one to two weeks, you get used to the feeling.
5. After several ounces have been used, gently blow the nostrils to clear the water and mucous.

Some Don'ts

DO NOT use tap water or well water.

DO NOT use Reverse Osmosis (R.O.) water: saline works by osmosis, so reverse osmosis water is exactly the opposite solution.

DO NOT refrigerate. Room temperature is fine.

DO NOT use for infants or small children or individuals with impaired throat/gag reflexes. They could choke.

DO NOT share. Each family member should have their own mixture. (You would not want to share your toothbrush, would you?)