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Nasal Saline Irrigation Solution

National Cancer Institute

Source

National Cancer Institute. *Nasal Saline Irrigation Solution*. NCI Thesaurus. Code C120184.

A solution containing sodium chloride that can be used to cleanse the nasal passages. Upon nasal irrigation, the saline washes out thick or dry mucus, and irritants, such as pollen, dust particles, pollutants and bacteria, from the nasal cavities. This reduces nasal blockage, improves nasal airflow and helps keep nasal passages clean and clear, which decreases the risk of irritation and inflammation. The saline solution also moisturizes and soothes irritated mucus membranes.