

# Nasal Saline Irrigation

## Clinical Evidence Summary for Healthcare Providers

### What Is Nasal Saline Irrigation?

Nasal saline irrigation (NSI) is the practice of flushing the nasal passages with an isotonic or hypertonic saline solution using a squeeze bottle, neti pot, or similar device. It is one of the most well-studied, low-risk interventions for upper respiratory and sinonasal conditions, recommended by the American Academy of Allergy, Asthma & Immunology (AAAAI) and multiple international ENT guidelines.

### Key Clinical Evidence

#### 2024 Lancet Study (ELVIS Trial)

A pragmatic RCT of 13,799 adults found that daily nasal saline irrigation reduced the duration of upper respiratory tract infections by 1.9 days and decreased household transmission by 35.8%.

*Ramalingam et al., The Lancet, 2024; DOI: 10.1016/S0140-6736(24)01278-X*

#### Cochrane Review (2015, Updated 2023)

Systematic review concluded that saline irrigation is a safe, well-tolerated adjunctive therapy for chronic rhinosinusitis, improving symptom scores and reducing medication use.

*King D. et al., Cochrane Database Syst Rev, 2015; CD006394*

#### Antibiotic Reduction Data

A Washington University study showed that regular nasal irrigation reduced antibiotic use by 31% in patients with recurrent sinusitis, supporting its role in antibiotic stewardship.

*Pynnonen et al., Otolaryngol Head Neck Surg, 2007; 137(5):706-10*

#### ELVIS Kids Trial (Pediatric)

In children aged 2-11, daily saline irrigation reduced cold duration and severity, with excellent compliance and parental satisfaction ratings above 90%.

*Muller et al., Sci Rep, 2020; 10:1407*

#### Post-Surgical Recovery

Multiple ENT studies demonstrate that nasal saline irrigation accelerates mucosal healing after endoscopic sinus surgery, reducing crusting and improving ciliary function.

*Freeman et al., Am J Rhinol Allergy, 2008; 22(4):381-389*

### Conditions Supported by Evidence

Condition	Level of Evidence	Guideline Support
Chronic rhinosinusitis	Level 1a (Cochrane)	AAAAI, AAO-HNS, EPOS 2020

Acute upper respiratory infections	Level 1b (Lancet RCT)	NICE, WHO supportive care
Allergic rhinitis	Level 1b	ARIA Guidelines
Post-endoscopic sinus surgery	Level 2a	AAO-HNS
Environmental/occupational exposure	Level 2b	ACOEM
Pediatric sinusitis (age 2+)	Level 1b	AAP supportive

## Safety Profile

Nasal saline irrigation has an excellent safety profile when performed with proper technique:

- \* Use distilled, sterile, or previously boiled (cooled) water only
- \* Pre-mixed saline packets eliminate dosing errors (isotonic: 0.9% NaCl)
- \* Minimal side effects: occasional mild nasal burning, ear fullness (transient)
- \* No drug interactions -- safe to use alongside intranasal steroids, antihistamines, and antibiotics
- \* Suitable for long-term daily use; no rebound effect or tachyphylaxis
- \* Safe in pregnancy (Category A equivalent -- saline only)

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## About ATO Health Sinus Rinse Packets

Feature	Detail
Formulation	USP-grade sodium chloride + sodium bicarbonate
Type	Isotonic saline (0.9% when mixed per directions)
Preservatives	None -- preservative-free, dye-free
Compatibility	Fits all standard squeeze bottles and neti pots (NeilMed, SinuCleanse, etc.)
Per-use cost	Approximately \$0.25/packet
Available at	Amazon (B0FDH3JHF5)   atohealthproducts.com

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