

SINUS INSUFFLATION

WHO CAN BENEFIT?

- Chronic/acute sinusitis
- Mold exposure
- Recent dental procedure
- Long Hauler Pts
- Use EI to help achieve greater outcomes
- Allergy
- Preventative care

HOW IS SINUS INSUFFLATION DONE?

You take a syringe (typically 60 mL) and fill it with ozone. The patient then will inhale and hold their breath. The practitioner will then push in 30 mL of ozone into one nostril and have the patient hold that nostril. The practitioner will then push the remaining 30 mL into the other nostril and your patient will then pinch both nostrils shut. The patient will hold their breath for as long as they can and then exhale out of their nose.

CONCENTRATION AND VOLUME

Concentration Range:

10 - 30 ug/ml (gamma)

Volume range:

10 – 30 mL per nostril

Frequency:

Can be done daily if needed

Low and Slow Protocol

- 10 gamma and 10 mL per nostril for 2-3 times per week
- 20 gamma and 20 mL per nostril

- 30 gamma and 30 mL per nostril in week 3
- Can be done daily if tolerated

Aggressive Protocol

- 10 gamma and 30 mL per nostril for 1st treatment
- 20 gamma and 30 mL per nostril for 2nd treatment
- 30 gamma and 30 mL per nostril for 3rd treatment
- Can be done daily if tolerated

THINGS TO REMEMBER/KNOWLEDGE TRANSFER

- Please make sure that as you instruct the patient, they repeat the instructions back to you
- You cannot breathe in ozone as it will irritate the lungs. Your patient will cough excessively, and their eyes will water.
- You might experience a mild burning sensation if you do have a sinus infection.
- If you get a headache, then you most likely did too much concentration or volume. Do half as much of both on your next treatment
- Having your patient sit next to a fan as they blow the trapped ozone out of their nose could help them keep from breathing the excess ozone back in
- I would avoid doing this therapy on kids and use Inhaling Ozonides therapy instead.
- Not everyone likes the smell of ozone and if they are sensitive to it, they most likely will not like this therapy as you will smell ozone for about the next 15 mins or so
- The time will vary but this therapy will create a lot of drainage so keep the Kleenex close!