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## **BACTROBAN OINTMENT INSTRUCTIONS**

### **What you will need:**

1. Prescription of Bactroban (Generic-Mupirocin) ointment.
2. Bottle of nasal saline spray (any size/ brand). This can be purchased over the pharmacy at your local pharmacy or retail store.

### **Common Brands:**

- Ocean Spray
- Ayr No Drip
- Nasamist
- Arm & Hammer
- SinuRinse

### **How to Mix:**

1. Remove the lid from the bottle of nasal saline.
2. Pour out some of the saline to allow room for the ointment to be placed in the bottle. (Approx. 1/3 of the saline).
3. Squeeze the Bactroban ointment into the bottle of saline.
4. Replace the lid and shake well to mix the ointment & saline.
5. Irrigate both sinuses 2-3 times per day.