

## Education

### NASAL SPRAYS

Over-The-Counter nasal sprays:

Nasal Saline (Ayr, Ocean, Salinex, store brand)

- \* Non-medicated
- \* Lubricant/moisturizer
- \* Helps to thin, loosen, and moisturize nasal secretions so they may be evacuated easier
- \* Flushes and irrigates nasal passages
- \* May use as often as needed
- \* Recommended use for congestion: at least 3x/day before food and sleep

Nasal decongestants (Afrin, Neosynephrine, store brand)

CALL the office BEFORE using any of these products!!

- \* Important to dose as directed, after consulting with the office staff
- \* DO NOT use under 6 years of age
- \* These products may cause "rebound congestion" which means dilated blood vessels
- \* Used to relieve SEVERE congestion associated with upper respiratory infections or allergies

Prescription Nasal Sprays:

Nasal Steroids (many available)

- \* Used to control seasonal allergy symptoms = Allergic rhinitis
- \* Also used for inflamed nasal passages= Non allergic rhinitis
- \* To achieve maximum effect, need to use several days in a row, as instructed by MD/NP
- \* Prolonged use may result in mild bleeding from the nose

Antihistamine Nasal Sprays

- \* Non-steroidal
- \* Used to control symptoms of allergic and non-allergic rhinitis
- \* Relieves runny nose, congestion, and possibly itchy/watery eyes

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