

SMELL TRAINING

(OLFACTORY TRAINING)

Your provider has recommended that you begin treatment to regain your sense of smell. **Smell training** is a newer treatment for patients with impaired or lost sense of smell. It is a structured program in which you expose yourself to four major categories of odorants, twice daily, for a minimum of four months.

The first step is to purchase the following essential oils:

- Clove
- Lemon
- Eucalyptus
- Rose

These are the odorants you will use to retrain your nose and brain to smell again.

The treatment:

- Uncover each of these odorants twice daily and place under your nostrils. Breathe normally
- Allow 15 seconds with the odorant under your nose to concentrate on what you are smelling
- Wait 15 seconds before beginning the next odorant

This requires two minutes of your time, twice a day.

Follow up with your provider after four months of treatment to assess your progress. Some patients will benefit from a new set of odorants if the training is extended.