

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 six 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.

Some patients will benefit from a new set of odorants after the initial 3-4 months.

After the first months switch to a new set of odors: menthol, thyme, tangerine, and jasmine and train with them as described above.

Then after another 3 months, switch to another new set of odors: green tea, bergamot, rosemary, and gardenia and train with them again as described above.