



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, Neo-synephrine, 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 over the counter)

- * 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