

Topical Nasal Treatments

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ENT North

- If your doctor gives you multiple scripts (including tablets and nasal sprays/rinses) in one consultation, they intend you to start everything at once, and stop various medications over time according to the script instructions.
- A combination of several different medications at once is often more effective at controlling your nasal symptoms than a 'one at a time' approach.
- Many of these medications are 'over the counter': ***Please get your chemist to write the specific dosing that your surgeon has prescribed on the bottle label so it is easier to remember it.***



Saline rinsing: One bottle ____ times each day for ____ weeks.

Continue if effective.

Reduce the number of times per day that you rinse to the lowest number that keeps your nasal symptoms under control.

Use before any other nasal sprays. Can be safely used long term if effective.



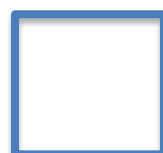
Mometasone: ____ spray/s in each nostril, ____ times a day for ____ weeks.

If using once per day, use at NIGHT / MORNING

Stop using it then if your nose does not feel better. Continue to use if your nose feels better.

Reduce the number of times per day you use your spray, and the number of sprays you use each time, to the lowest amount that keeps your nasal symptoms under control.

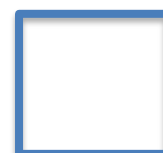
Can be safely used long term if effective.



Oxymetazoline: Use 3 sprays each side, 3 times a day for 3-4 days only.

Use when you first start using your nasal medication OR when you have a bad flare in your nasal symptoms in the setting of a cold or an episode of sinusitis.

Long term use will make your nose worse, so do not use for longer than four days at a time.



Dymista: ____ spray/s in each nostril, ____ times a day for ____ weeks.

Stop using it then if your nose does not feel better. Continue to use if your nose feels better.

Reduce the number of times per day you use your spray, and the number of sprays you use each time, to the lowest amount that keeps your nasal symptoms under control.

Can be safely used long term if effective.



Atrovent nasal forte

Use 1-2 sprays each side when your nose becomes suddenly runny, or 10min before you expect that to happen if you have a predictable trigger.

Can be safely used long term if effective.

Saline Rinse Recipe

- 1 Litre of boiled water.
- 2 teaspoons of salt (any supermarket brand).
- 1 teaspoon of bicarbonate of soda (add more if the solution is very 'stingy').

Store the excess solution in a sealed container for up to 1 week at room temperature.

For a demonstration video, see:

www.ent-surgeon.com.au/patient-resources-youtube-video/nasal-irrigation

Additions to saline rinsing

Please add the following to each bottle of saline rinsing that you are using:

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Baby shampoo: 4 drops per bottle

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Pulmicort respules: add one respule to one saline rinse bottle each day

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Nozoil: 10 drops per bottle

For a Dry Nose

- The main aim here is to increase moisture and humidification inside your nose.
- Play around with these three medications in combination to see which routine works best for your nose.

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Saline rinsing

Either make up the solution and sniff it in from your palm or use a bottle to thoroughly rinse your nose as above.

Adjust the frequency and volume that you use depending on how your nasal dryness improves. Use before any other sprays or ointment.

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Nozoil

This is an oily spray you can use in your nose to lubricate it. You can use it as often as you need to. You can buy this direct from your chemist.

You can also add it into any saline rinsing bottle that you are using (see above).

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Ointment

Use a pea-sized 'dollop' of Vaseline or Paw Paw ointment inside each side of the nose twice daily to start with, possibly reducing to once daily once your nose feels less dry and crusty.

Wipe it inside your nostril, and then squeeze the nostril shut and rub gently in circles to spread it around the lining of the front of the nose.

Sniff gently and wipe any excess from around the nostril skin off.