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## 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