

## How to use your nasal sprays

This leaflet will provide you with instructions on how to use your steroid nasal sprays and saline washes.

The long term treatment of sinusitis commonly involves the use of:

- Saline nasal wash
- Topical steroid spray

It is essential that these treatments are used regularly and applied correctly.

**Use the steroid spray in the morning and saline before bed.**

### Saline nasal wash

- Probably the most important treatment for the nose
- Use every night (or more frequently after surgery)
- The options are:
  1. **Sterimar** – light saline spray for minor nasal crusting; convenient and easy to use, available over the counter
  2. **NeilMed Sinus Rinse** – saline douche/wash; very effective cleaning for the nose, available over the counter, less convenient than Sterimar as the solution is made up prior to each use. This is the only appropriate method of nasal cleaning in the post-operative period. Keep the bottle clean by keeping it in sterilising solution such as Milton.
  3. **Homemade saline solution** – this can be made up by adding ¼ teaspoon sodium bicarbonate and ¼ teaspoon salt to ¼ pint clean water. Sniff into the nose (can be used with Neilmed bottle).

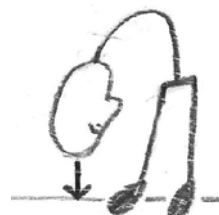
### Steroid nasal spray (e.g. Nasonex, Flixonase)

- To reduce nasal obstruction due to rhinitis.
- Use the steroid spray in the morning and the saline wash before bed.

Spray  
while  
standing!



Then put  
your head  
down!



Wait 10  
seconds

### To apply

- Shake the bottle.
- Stand upright and apply the spray to the nose with the opposite hand.
- Once applied put your head forwards and down (keeps it in the nose and stops you tasting and swallowing it and rendering it completely ineffective).
- Hold this position for 10 seconds.
- Stand upright.

### Benefits of using NeilMed Sinus Rinse

- When performing nasal rinse, you will wash away excess mucus and allergy-causing irritants such as pollen, dust particles, pollutants and bacteria, thus reducing inflammation of the nasal lining, encouraging normal nasal mucosa.
- Normal mucosa will fight infections and allergies better and symptoms will be reduced.

### When to avoid using sinus rinse and avoid ear discomfort

- If you have had ear surgery, please obtain advice from your ENT doctor to check if you can use this product.
- Do not use if you have had an ear infection or blocked ears.
- Do not use hot, boiling or cold water – always use lukewarm water.
- This product is not suitable for those who are bedbound or unable to understand instructions.
- Do not rinse with only plain water, as this may cause a burning sensation.

### How to contact us

ENT Department

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This document can be made available in other languages and formats upon request.

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