

## **Management of Rhinitis / Sinusitis / Nasal Polyps**

- Saline washes to nose twice a day
- Followed by prescription nasal steroid spray twice a day
- Possibly: daily over-the-counter antihistamine if allergies are a contributing factor

-Use this regime to prevent acute sinus infection during allergy season, colds, or other times when likelihood of infections is high

**OR**


- Use chronically in the case of chronic year round rhinitis or sinusitis

### **If nose bleeds become an issue after beginning nasal steroids:**

1. Increase your saline to more than twice a day
2. Add nasal lubricating gel to the front of the nose  
(special water-based formulation or simple petroleum jelly)
3. Humidify the bedroom at night
4. If all this fails you may try to reduce the steroid spray to once a day or even once every other day if nose bleeds become problematic  
(Note: reducing the spray to less than this will significantly reduce the additive benefit of regular use)

If these therapies fail in acute infections you may periodically still require antibiotics by mouth or other additional medications.

### **Correct use of nasal steroid spray: NOTE: OPPOSITE HAND TO NOSTRIL**

1. Shake bottle well
2. Look down
3. Using **RIGHT** hand for **LEFT** nostril put nozzle just inside nose aiming towards outside wall
4. Squirt once or twice (2 different directions )
5. Change hands and repeat for other side
6. **DO NOT SNIFF HARD**

