

How to use nasal sprays

The nose is like a tube with balloons inside (Figure 1) – when the nose is blocked, it is because these balloons, called the nasal turbinates, are swollen. Nasal medication is far more effective if sprayed on to these turbinates.

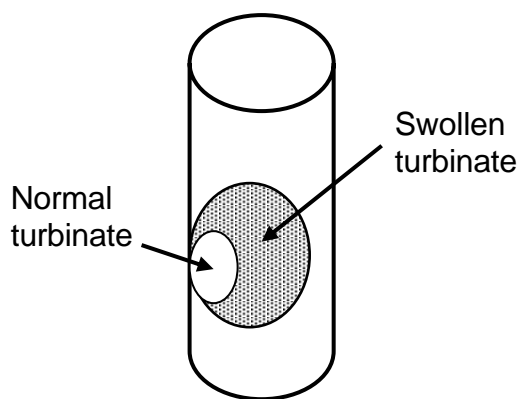


Figure 1

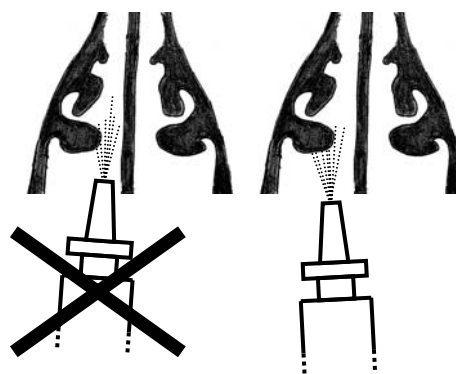


Figure 2

Holding the spray and pointing it straight up the nose (see Figure 2) results in most of the medicine bypassing the turbinates and ending up in the throat, causing a funny taste. Sniffing only makes this worse. Instead, use the nose spray as below:

<ol style="list-style-type: none"> 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 	
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