

## Springfield ENT & Facial Plastic Surgery

3555 South Culpepper Circle  
Springfield, Missouri 65804  
(417) 887- 3855 / [www.springfieldent.com](http://www.springfieldent.com)

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### USE OF NASAL STEROID SPRAYS

You have been prescribed a nasal steroid spray for your nasal and / or allergy symptoms. Here is some general information regarding these medications:

- These are different than over - the - counter *decongestant* sprays such as Afrin®, Dristan®, or NeoSynephrine®. Steroid sprays reduce inflammation while decongestant sprays temporarily reduce blood flow and shrink the mucous membranes in the nose.
- Unlike the decongestant sprays above, your nose will not become addicted to or, "hooked on," steroid sprays.
- The dose of steroid is small and most remains in the nose. For this reason, these should not have steroid effects on your body.
- Steroid sprays may require 1 - 2 weeks to have their full effect.
- Steroid sprays are not effective for as-needed treatment of symptoms and must be used every day. Patients who need allergy medicine only occasionally will be best treated with antihistamines or decongestants.
- Some patients have allergy symptoms only at certain times of the year. The steroid spray should be started before that time arrives (i.e. before Spring pollen season) and continued as long as needed.
- Some patients benefit from use of nasal steroid sprays in addition to other nasal / allergy medication.

Use of your nasal spray:

- Most sprays are one or two squirts in each nostril, once per day. Check the instructions on your prescription.
- Avoid directing the spray at the nasal septum (inside wall that divides nose into left and right sides). It will be less effective and can cause irritation and nosebleeds.
- Insert the spray into the nostril and aim toward the ear on that side. It will be more effective if applied to this side of the nasal cavity rather than to the septum.
- If you note that the spray drips into your throat and has a bitter taste, try tilting your head forward and down about 45 degrees. Less spray will drip into the nose. It may help to gargle afterward to remove taste.
- Do not use saltwater spray in the nose right after your steroid spray since it will rinse away the medicine.

**Other questions? Please do not hesitate to contact our office if you have any concerns or problems.**

And again, thank you for the opportunity to participate in your medical care!

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