

Nasal Spray Routine

1. Afrin: 3 sprays in each nostril 2-3 times daily for 5 days only. The Afrin will take effect within 5 minutes, and you will notice that you will breathe much easier through your nose. The effect lasts 8-12 hours. If it lasts 8 hours, use it 3 times daily (morning, afternoon, and evening). **DO NOT EXCEED 5 DAYS OF AFRIN USE** to avoid developing an addiction to Afrin. After using the Afrin in the morning/evening, wait until it takes effect (5 minutes) and then proceed to step 2.
2. Flonase: 2 sprays in each nostril 2 times daily (morning and evening) for 1 week, then 2 sprays each nostril daily for 3 weeks (morning OR evening). After using Flonase in the morning and/or evening, wait at least 30 minutes before proceeding to step 3 to avoid rinsing the Flonase out of your nose.
3. Neil Med Rinse: 1-2 times daily as directed on box. If you cannot tolerate this rinse, Nasal Saline Spray, 4 sprays each nostril, 4 times daily and more as needed.

Our office can be reached at **401-885-8484** for any questions.