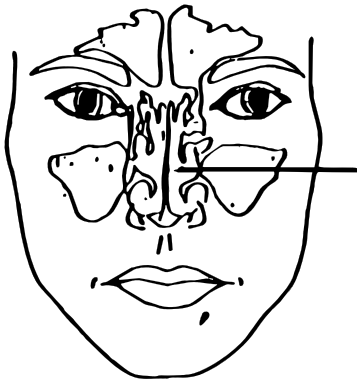


Nasal Steroid Sprays

These are cortisones, not anabolic steroids (the type some athletes misuse). Very little, if any, is absorbed. Therefore, there is very little chance for side effects. To get the best results from your nasal spray and to avoid problems, please note the following:

1. The best time to use your spray is at night before bed prior to pollination.
2. If you have excess nasal mucous, it is sometimes beneficial to do nasal sprays after doing a salt water nasal irrigation or after a shower or bath when your nasal membranes are clean and moist.
3. Spray away from the middle of your nose , pointing the spray toward your ears.(see diagram)
4. If you develop nasal bleeding, or feel you have a sore spot or crust in your nose, stop the spray and contact our office. Some short term stinging or burning may occur with some nasal sprays. Some nasal sprays may also cause an unpleasant taste. This side effect can be reduced by sniffing gently rather than vigorously after spraying.



Nasal Septum (bone and cartilage that divides the two nasal passages)