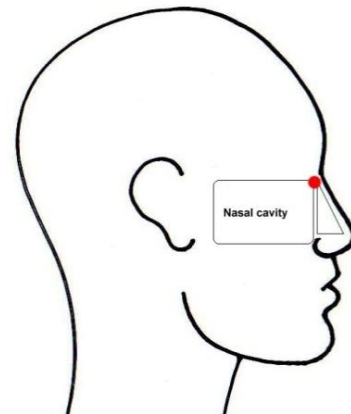


## Nasal Drops

You may need to use nasal drops for your condition.

Please follow the instructions to make sure they are applied correctly.

Most nasal drops are used for inflammatory nasal conditions and they need to get to the highest point of the nasal cavity. This is marked with the red dot on the opposite figure. Imagine this point to be at the level of the root of the nose between the eyes.

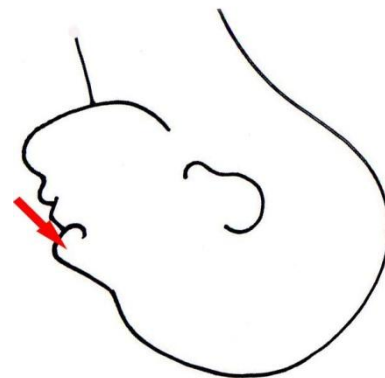


In order to get the drops to the correct spot, you need to position yourself so that the desired point (red dot) lies in the most dependent part.

This is usually achieved by bending forward and putting your forehead on the floor or your desk.

Another way is to lie on a bed or couch with your head hanging from the edge and tilted backward.

After application of drops, you need to stay in this position for a few minutes (approximately three minutes) to allow the drops to find their way to the desired point.



Please do not just tilt your head back in order to put the drops in your nose. In this position, the drops travel on the floor of the nose and get to the back of throat without covering the nasal lining. In this position, you swallow most of the drops without them having had a chance to get to the desired point.

