

## Nasal Sprays

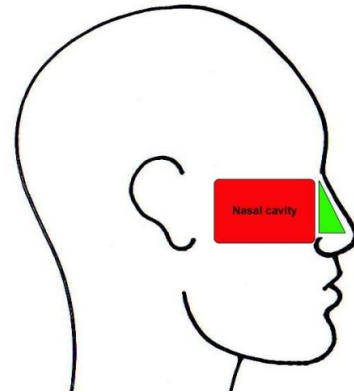
You may need to use a nasal spray for your condition.

Whether you use a nasal steroid spray or a salt-water spray, please follow the instructions to make sure it is applied correctly.

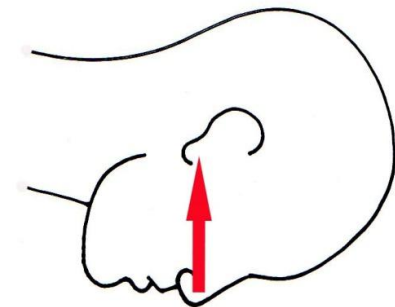
The nasal spray is used to get the medication or salt-water to the nasal lining in the nasal cavity.

The nose that you see on the outer face (marked in green) is only the skeleton and the actual nasal cavity (marked in red) extends further back. Its floor is parallel to the roof of the mouth.

So when applying the spray, the solution needs to get to the nasal cavity as far back as possible.

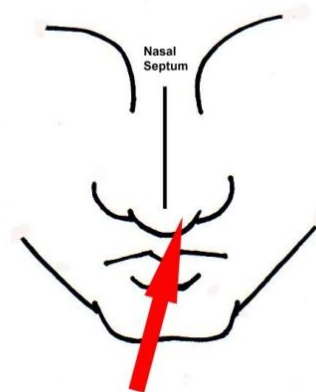


The correct way of applying the spray is to keep the spray upright but tilt your head down as if you are looking to the floor. Then insert the nozzle of the spray into the nostril and apply. Apply in a direction as if you are aiming the spray towards your ear.



When you insert the nozzle into the nostril, be gentle so you don't traumatise the nasal lining.

Also keep the direction of the spray slightly to the side of the head on the side that you are applying. So if you are using the spray in the left nostril (as shown here), tilt the spray slightly further out to the left. This is done so that the spray is getting to the lining on the outer sides of the nasal cavity (where it needs to get to); it also prevents trauma to the sensitive lining of the nasal septum (the middle partition of the nose).



It might help to keep the spray in your right hand when spraying the left nostril and to keep it in your left hand when spraying the right nostril.