

# ADVANCED ALLERGY & ASTHMA SPECIALISTS

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## HOW TO USE YOUR NASAL SPRAY

- Blow your nose well in the shower/bath. After your Shower/Bath, stand straight, head up & look in the mirror.
- Lay the tip of the nasal spray at the entrance of your nose, pointing toward the inner side of your eyebrow.
- DO NOT introduce the point into your nose. Hold it at the entrance of your nostril.
- DO NOT point to the Septum (nose bone in the middle of your nose) as this will cause bleeding.
- DO NOT point to the side of your nose where the soft tissue and skin is located, this will cause bleeding.
- DO NOT insert the tip any further than the outer opening of your nose, or the spray will hit the inferior turbinate in your nose and the medication will pour out of the front, or down your throat, *neither works*.
- POINT TOWARD THE INNER SIDE OF YOUR EYEBROW and also along the angle of your nose (check the side view of your nose in the mirror so the bridge of your nose and the sprayer are at the same angle)
- DO NOT HOLD THE OTHER NOSTRIL CLOSED!
- DO NOT TIP YOUR HEAD in any direction.....look straight ahead, head erect, into the mirror.
- *Exhale through your mouth all the air from your lungs to the best of your ability until your lungs are completely empty.* ..this is the only way the nasal spray will get into the Sphenoid sinus (up high and deep).
- With the tip of the nasal spray at the entrance of your nostril, Pump the device *at the same moment* you are *strongly sniffing in through your nose*. MAKE SURE TO SNIFF VERY STRONGLY INTO YOUR NOSE *WITH YOUR MOUTH CLOSED* in order to pull the spray up high into your sinuses. There should be no spray remaining in your nose or throat...it should be up inside your sinuses.

If you taste the spray in your throat, IT DID NOT GET INTO YOUR SINUS PASSAGES. TRY AGAIN.....  
*Sniff harder and SPRAY WHILE YOU ARE SNIFFING.*

- Once you are sure you have done it correctly, go on to the other nostril *using your other hand*.
- *Alternate* nostrils and hands so you spray...left...right....left...right.
- THERE SHOULD BE NO MEDICATION IN YOUR THROAT. If it is in your throat, it is not in your sinuses!!!!

Prescription nasal sprays are not like AFRIN...*they do not work at the time you use them*, but as they accumulate in the tissues over time. (Afrin causes major increases in blood pressure, as can Sudafed and other OTC decongestants.)

WE DO NOT CURE RHINITIS, it is genetic inherited ...WE CONTROL RHINITIS with daily medication (like Diabetes & High Blood Pressure). IF YOU STOP the SPRAY, the RHINITIS WILL RETURN.

## HOW TO USE YOUR INHALER (aka “Metered Dose Inhaler” or “Puffer”)

- A new inhaler should be “primed,” a term used to indicate the medication has been introduced into the passages of the mechanism by an initial pump or two, so when the patient uses the inhaler, there is a dose of medication delivered with each “puff.”
- Prior to inhaling the medication, open your mouth and *exhale all the air out of your lungs until your lungs are completely empty*. This is the ONLY way the medications will reach the deepest part of your lungs.
- Introduce the inhaler into your mouth, and pump the device *at the same moment* you are *strongly inhaling through the mouth*.....not nose. **DO NOT PUFF 1<sup>st</sup> THEN INHALE !!!**
- Once you have inhaled as long and as strong as you can, hold your breath for 20 seconds (1 Mississippi, 2 Mississippi, 3 Mississippi, etc...). At the end of the 20-second count, relax and breathe as you normally do. If you do not hold the medication in your lungs, it will not stay in lungs but will be blown out when you exhale.

IT IS EXTREMELY IMPORTANT THE “PUFF” BE DELIVERED AT EXACTLY THE MOMENT YOU ARE STRONGLY PULLING A BREATH INTO YOUR LUNGS to assure the medication is being drawn into the deepest parts of your lung. PUMPING THE INHALER AND SUCKING IN A BREATH MUST BE DONE AT THE SAME TIME. Holding your breath assures the medication is deposited into and stays inside your lungs.

*Nasal Sprays and Asthma inhalers work as they build up in the tissues over 3-4 days, so THEY MUST BE USED as directed EVERYDAY to bathe the tissues and do their job. If you do not use them as scheduled EVERYDAY.....they do not work.*