



UPPER RESPIRATORY SYMPTOM CONTROL

- **NeilMed Sinus Rinse-** May purchase this over-the-counter at any local pharmacy.
 - Use twice daily (*with distilled or pre-boiled water cooled to 104 °F*) and as needed for nasal congestion prior to Nasal Sprays. Recommended water temperature is 104 °F.



- **Nasal Sprays-** This is to reduce inflammation to allow your sinuses to drain properly. Proper nasal spray technique: point the nozzle towards the back of your head the point your nose to your toes so the nozzle is upright.
 - Flonase (fluticasone) nasal spray, 1 spray per nostril twice per day
 - Afrin (oxymetazoline) nasal spray, 1 spray per nostril twice daily for congestion (use for 3-5 days only)
- **Decongestants-** This is to dry out the secretions that are draining from your nose down your throat, and may be causing a sore throat and/or cough.
 - Chlorpheniramine ER 12mg twice daily as needed for congestion (safe for High Blood Pressure)
 - Allegra-D 24-hour once daily as needed for congestion
- **Drink plenty of fluids**
 - It is important for your body to stay well-hydrated as some of these medications can be dehydrating.
- **Wash your hands**
 - If your illness is caused by a bacterial or viral infection it is very important to wash your hands frequently and thoroughly to stop the spread of germs to those around you.
- **Antibiotics-** These are needed only in cases of bacterial infections. The Center for Disease Control has released recent data that suggests 30% of antibiotics that are prescribed are unnecessary, which results in resistance. Meaning, when your body needs antibiotics for a serious infection the medication can become ineffective. For this reason, we suggest our patients try these other methods for 5 days before being prescribed an antibiotic.
- **Probiotics-** Prevent and minimize the side effects from antibiotics
 - Ultimate Flora Probiotic 50 billion CFU- take twice daily 1-2 hours apart from antibiotic dose, during treatment and for at least 1 week after completion