

# Nasal Steroid Sprays

Nasal steroids come as sprays for the nose and sinuses.



- These are medications that work by stopping swelling.
- They may also help to reduce sneezing, and nasal drainage.
- Decreasing the swelling in the nose will allow the sinuses to drain.
- They help to prevent sinus infections, congestion, and headache.
- These medications take time to build up, and should be used every day as prescribed by your child's doctor. It may take a week or more of daily use to feel better.
- Nasal steroids help to calm nasal irritation caused by allergies and irritants.
- **Colds are caused by viruses and are not helped by using nasal steroids.**
- Nasal steroids work on the nose and sinuses. They are not easily absorbed into the body.
- They are a form of anti-inflammatory steroid and are not the same steroids sometimes abused by athletes to build muscles.
- When small amounts are absorbed into the body, they are quickly inactivated and have no appreciable hormonal effects in the body.
- These medications have been tested in young children and shown to be safe.

# Nasal Steroid Sprays

## Directions for Use:

1. Nose should be blown, before medication is taken.
2. Shake the bottle well.
3. Tilt your child's head slightly forward before inserting the nozzle into the nostril.
4. Place the nozzle of the bottle into the opening of the nose, angle the nozzle toward the cheek of the same side.
5. Press the activator to spray. Your child may sniff gently, but this is not necessary.
6. Remove nozzle from nostril. Repeat the steps the number of times your child has been prescribed and then repeat the application on the opposite side.
7. If your doctor has asked you to use salt water rinse for your child's nose, this should be done BEFORE the nasal spray is used.

## Possible Side Effects:

- Minor nasal bleeding, stinging, and unpleasant taste are sometimes reported.
- If bleeding occurs, stop use for 3 days, then start again.
- Take care in pointing the nozzle away from the middle of the nose, and toward the cheek.



# Saline Sinus Rinse

Directions for use:

- Wash your child's hands with warm water and soap.
- Warm up distilled or previously boiled water until it is slightly warm. You can warm water up on the stove or in the microwave in a clean safe container. You should warm the water for 5 seconds at a time if using a microwave. It should be at body-temperature, or "lukewarm."
- Use water that is micro-filtered, boiled, or distilled to rinse your child's sinuses. Do not use tap water, it may contain germs that could cause illness.
- Fill the bottle with water to the dotted line. If you are using a Kids Sinus Rinse kit, you will use 4 oz. (120 ml) of water.
- Cut the corner of the salt packet that came with the kit. Do not use your teeth to tear the packet.
- Pour the salt into the bottle and tighten the cap. Make sure you screw the cap on tightly so it doesn't fall off in the next step.
- Place one finger over the tip and shake the bottle gently. This will allow the salt mixture to dissolve into the water.



## Saline Sinus Rinse



- Have your child bend forward over a sink. Have your child tilt their head down and breathe through their mouth, not their nose.
- Put the nozzle tip snugly against one nostril. Have your child keep their mouth open, because the mixture can drain from their mouth as well as the opposite nostril. This also reduces pressure on the ears.
- Squeeze the bottle gently to force the liquid into nasal passages. Squeeze until the solution begins to drain from the opposite nostril.
- Squeeze the bottle until 1/4-to-1/2 (60-to-120 ml) is used in one nostril. You can use up to half the solution per nostril, but you should always use at least one-quarter of the solution for each.
- Nose can be blown without pinching it completely shut. Pinching your nose entirely shut would put too much pressure on your eardrums. Then, have child try sniffing in the remaining solution to help clear out the back of their nasal passages.
- Ask your child tilt their head to the opposite side to expel any remaining solution from their sinuses or nasal passage.
- Have them spit out any solution that reaches the back of their throat.
- Throw away any leftover solution.
- Clean the sinus rinse bottle. Rinse the cap, tube, and rinse bottle with water. Then, add a drop of dishwashing detergent to the bottle and fill it with water. Put the cap on and shake the bottle well. Squeeze the soapy water through the cap. Use a bottle brush to scrub the bottle, cap, and tube. Rinse thoroughly with clean water. Air dry the bottle and nozzle on a clean towel or glass plate.