



MOBLEY MD

Center for Better
Nasal Breathing

Nasal Spray Handout

Flonase- Use Flonase to help with post op mucosal inflammation and congestion. A technique key to the proper use of Flonase is to insert the sprayer into your nose and then aim the tip of the sprayer towards the outer-corner of the same-side eye. This will ensure the medication is spraying the lateral mucous membranes. You do not want to spray the Flonase directly against the nasal septum.



Aquaphor- Aquaphor is a common emollient used to moisturize the inside of the nose. A small “pea-sized” amount placed just inside each nostril 1-4 times per day can provide good moisture. It’s also best to place the Aquaphor in the nose, right after a “hot & steamy” shower. That way you are “trapping” the humidity/steam moisture in your nose on the mucous membranes.



Pretz- Pretz is a nasal spray with a very good name among nasal surgeons. It is helpful to reduce nasal crusting, thin nasal secretion, and relieves post-nasal drip. Pretz Spray is very useful in dry environments, such as at higher elevations and during airplane flights. It is based on a formula of glycerin and saline to provide natural moisture and lubrication.



Xlear- Xlear is similar to Pretz and we provide it to you as one never knows which individual product will work best for a given patient. Xlear is all-natural and contains saline with xylitol-which draws moisture and keeps the nasal passages more moist and clean than saline alone.



NeilMed SINUS RINSE is an easy squeeze bottle system that allows you to deliver the saline solution with positive pressure to clean the nasal passages thoroughly, while maintaining your head in an upright position. This product is for those who desire /need a bit more “aggressive” irrigation. Use For Nasal Allergies, Dryness & Nasal Stuffiness. It can provide excellent cleansing prior to spraying nasal corticosteroids.

