

For Rhinitis (inflammation in the nose), you may have been prescribed:

Sinus Rinse: 1 full bottle squeezed into each nostril, twice a day.

Put a Neilmed or FLO sachet **OR** 1 teaspoon of sea salt, into the bottle of sinus rinse, fill it with about 200mls of boiled water, which has cooled to a comfortable temperature and shake until the salt is dissolved. Standing over a sink, the nozzle of the bottle is then placed into one nostril and the bottle squeezed. One full bottle should be squeezed through one nostril and the process repeated on the other side, at a pressure that does not cause discomfort.

Refer to the link <http://www.youtube.com/watch?v=tt1Kk6RBtlk>

Dymista: 1 spray twice a day into each nostril **OR**

Nasonex: up to 2 sprays twice a day into each nostril.

For spray technique, refer to the link <http://www.nationalasthma.org.au/how-to-videos/using-your-nasal-spray/nasonex>. This treatment is usually prescribed for 6-12 weeks and you will need to see your surgeon again after this time. Please continue this topical treatment until you are reviewed by your surgeon.

For Rhinosinusitis (inflammation in the nose and sinuses), in addition to Sinus Rinse / Dymista or Nasonex, you may have been prescribed:

Prednisone (may disturb sleep, increase appetite or affect mood)

30mg (6 tablets, 5mg each) in the morning for 7 days, then

20mg (4 tablets, 5mg each) in the morning for 7 days, then

10mg (2 tablets, 5mg each) in the morning for 7 days, then STOP

Antibiotics, such as:

Augmentin duo forte 1 tablet twice a day for 3 weeks

OR

Doxycycline 200mg on first day, then 100mg daily for 3 weeks

OR

Clarithromycin 250mg daily for 3 months*

OR

Roxithromycin 150mg daily for 3 months*

* may require heart test (ECG) to check rhythm before and during course. This treatment is usually prescribed for 12 weeks and you will need to see your surgeon again after this time. Please continue the topical nasal rinse and spray until you are reviewed by your surgeon.