

J. R. DICKEY, M.D., F.A.C.S., P.A.
DAVID T. ROARK, M.D., F.A.C.S., P.A.
W. DOUGLAS APPLING, M.D., F.A.C.S., P.A.
DANIEL J. FRANKLIN, M.D., F.A.C.S., P.A.

JOHN W. CRADDOCK, JR., M.D., F.A.C.S., P.A.
RANDALL W. BRAUCHLE, M.D., P.A.
CHRISTOPHER N. PRICHARD, M.D.

Patient Instructions: Acute Rhinosinusitis

1. Nasal saline spray- (Ocean Mist, Simply Saline)- 2 sprays into each nostril every 4 hours (or more!). This will rinse the nose and eliminate irritants. You can't use this enough.
2. Afrin nasal spray- 2 sprays into each nostril every twelve hours for 3 days. This decreases swelling and allows the sinuses to drain. Do not use for more than 3 days! You can become dependent on the spray to breathe.
3. Topical steroid spray- (Prescription) Use as directed. This will work over a longer time period to decrease inflammation in the lining of the nose.