

TE★AS
EAR, NOSE & THROAT
SPECIALISTS, L.L.P.

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Over the counter allergy and rhinitis help

1. Saline nasal spray: common brand names are NaSal, Ocean and Ayr, or available in store brands. Use two puffs in each nostril 2 to 3 times per day (as needed, but more often when you are sick or having bad allergies). Tilt your head back to allow the liquid to flow back through your nose and then straighten your head, and blow your nose to move to mucus out. It helps to clean the nose of excess mucus and to help wash away the allergens that are causing your nasal allergies.

You can make your own saline at home by mixing together:

1 cup warm tap water

¼ tsp. salt (use kosher, sea salt or any salt without additives)

If this burns, it can be changed to:

1 cup warm water

1/8 teaspoons salt

1/8 teaspoon baking soda

You may administer this using a bulb syringe or put it in a clean spray container.

“Sinus Rinse” by Neil Med is a commercial system of higher volume nasal saline irrigation that may be more effective, especially after sinus surgery. We have brochures.

2. Mucinex: known as “Guaifenesin” in its generic form. It is an expectorant that works by thinning mucus. It also improves the flow of mucus, reducing the feeling of phlegm sticking in the throat and the back of the nose. It comes in 600 mg pills, and I'd recommend using two pills twice a day to get the prescription strength. If you have difficulty with this regimen, try one, twice daily.

3. Nasalcrom : Cromolyn Sodium. This is a nasal spray useful in preventing an allergy attack when used regularly or about 30 minutes before you go into an allergy provoking environment (like out of doors for a run, a picnic, or to a house with cats). Recommended use is 1 spray in each nostril every 3 to 4 hours as needed. Make sure to point the nasal spray tip up and out, toward the outer corner of the eye (while it's inside the nose) to avoid irritating the nasal septum (the wall separating the right and left halves of the nose).