



SYDNEY CENTRE FOR EAR, NOSE & THROAT

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MEDICAL TREATMENT OF NASAL CONDITIONS

If you have been diagnosed with Rhinitis (nasal inflammation), you may have been prescribed:

1) Sinus Rinse:

1 full bottle each nostril twice a day

(use a Neilmed or FLO sachet OR 1 teaspoon of non-iodised salt +/- a pinch of bicarbonate of soda, into the bottle of sinus rinse, filled with boiled water and cooled to warm temperature)

2) Nasonex:

2 sprays twice a day into each nostril.

This treatment is usually prescribed for 6 – 12 weeks and you will need to see your surgeon again at this time. Please continue this topical treatment until you are reviewed by your surgeon.

If you have been diagnosed with Rhinosinusitis (nasal and sinus inflammation), in addition to 1) and 2) above, you may have been prescribed:

3) Prednisone:

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

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

10mg (2 tablets) in the morning for 7 days then stop

4) An antibiotic, 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

3) and 4) are taken for the first 3 weeks of the treatment, but 1) and 2) are taken for the full 6 – 12 weeks, until you are reviewed.