

Rhinitis Treatments

Stuffy and runny nose caused by inflammation

Non-Sedating Antihistamines

- Aerius (Desloratidine)
- Allergra (Fexofenodine)
- Claritin (Loratidine)
- Reactine (Cetirizine)

Do **not** use 1st generation sedating antihistamines like Benadryl (diphenhydramine)

Prescription 2nd Generation Antihistamines:

- Blextin (bilastine)
- Rupall (rupatadine)
- Cetirizine 20mg

Nasal Steroids

- Topical (on inside surface of nose only, therefore are safe)
- Works slowly and gradually over time, needs to be taken **regularly** each day
- Should point nose spray towards outside of nose to help prevent nosebleeds
 - Cross hands (make an X), spray left nostril with right hand, right nostril with left hand
 - Blow nose and shake bottle before each use
- Nasal moisturizers (i.e. Rhinaris Nozoil) also help prevent dryness and nosebleeds
 - Point to nasal septum (middle of nose) and use **prior** to using prescription nasal spray
- **Important note:** Prime bottle prior to taking your first dose (spray in air before use)
- **Shake bottle** before each dose
- **Use fingers instead of thumb** (make fist) to push lever on the side of the bottom when using Avamys as your thumb may break the lever
 - Note: Avamys has very fine spray, you may not feel much spray which is normal

Nasal Steroid / Nasal Antihistamine Combo (Dymista)

- Taken regularly, 1 spray 2x per day

Saline Washes (Salt Water)

- Washes / Rinses away secretions to clean nose out
- Usually use 2x per day, but can use as little or often as you'd like
- Do not use right after using medicated spray (will wash out medication)
- Use Saline (i.e. Salinex or Hydrasense) **or** make it yourself
 - 1L water + 1tbs salt + 1tbs baking soda; boil & cool (do not use tap water unless boiled)

Nasal Hygiene

- Use Saline wash first
- Apply nasal moisturizer second
- Use nasal steroid last

Allergy Shots (immunotherapy)

