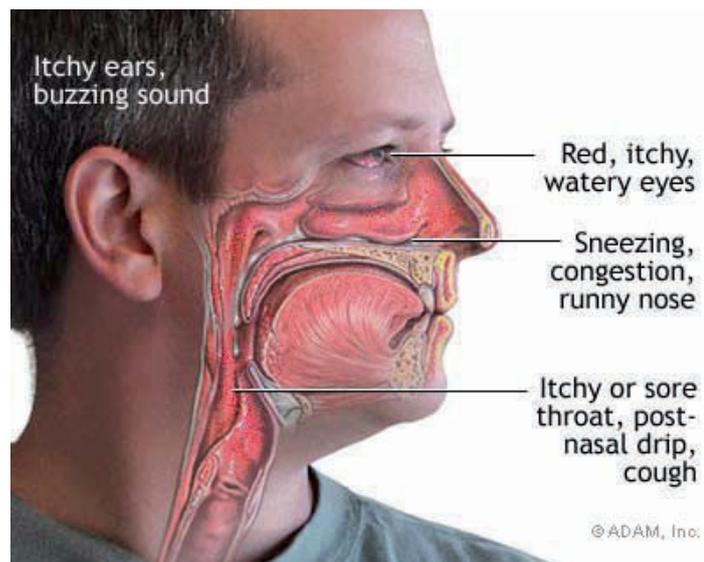


Post Nasal Drip

Post Nasal Drip is the sensation of mucus accumulating at the back of the throat or of mucus dripping down from the back of the nose



Causes

- secretions from cold or flu - sinusitis
- allergies - rhinitis
- cold temperatures
- certain foods and spices
- some medications – especially for hypertension
- structural abnormalities in the nose
- swallowing disorders
- throat muscle problems

Treatment

- treat allergies with nasal sprays and/or antihistamines
- treat infections with antibiotics
- referral to ENT Specialist to treat nasal/sinus defects
- thin secretions by increasing fluid intake
- nasal/sinus irrigations using a “netty pot” or “sinus rinse bottle”

Symptoms

- sore, irritated throat
- feeling of a lump in the throat
- constant coughing
- throat clearing
- hoarseness
- build up of secretions at night
- constricted feeling in throat that may affect breathing

Steps for a Healthy Nose

SINUS RINSE

Sinus rinsing is a natural wash for the linings of the nasal cavity. It has been shown to be a beneficial therapy in the treatment and prevention of post nasal drip, nasal congestion, sinus infections and allergic rhinitis.

It involves rinsing the nasal passages with a salt-water solution, helping to rid the nose of allergens and mucus reducing tissue swelling in the nasal passages. Saline rinses may reduce the need for antibiotics in those people prone to sinus infections.

Directions:

The most convenient way to perform a sinus rinse is in the shower, or over the sink.

- Fill bottle with warm water and mix in sachet or fill with your own saline mix (as below)
- Bend forward & tilt head down with the rinse bottle placed into one nostril
- Squeeze bottle gently so that the solution goes up through the nasal passage and starts draining out the opposite nasal passage or from your mouth Do not swallow the solution
- You may notice that mucus comes out of the nose with the water. Keep rinsing one side of the nose until the water comes out clear. Repeat the same process for the other nostril.
- Once completed, blow nose gently without pinching
- When finished discard any used solution

The saline will continue to drain for a period of time after performing the rinse.

You may need to perform sinus rinse on a daily (or multiple times per day) basis with severe symptoms, or less often as

symptoms improve. FOR OPTIMUM RESULTS, CONTINUE FOR AT LEAST THREE MONTHS.

After rinsing, it is recommended to wait 30 - 60 minutes prior to placing any prescription nasal sprays into the nose. It is also not recommended to perform sinus rinses within at least 60 minutes prior to going to bed, as the saline will drain down the back of the throat, and could cause a cough

To make your own saline,

Mix the following in a clean container:

- ½ to 1 teaspoon non-iodized salt (rock or sea salt)
- ½ to 1 teaspoon bicarbonate of soda (baking soda)
- 500mls of warm water (filtered or previously boiled water)

NASAL MEDICATIONS:

Nasal sprays can be prescribed for you by your Doctor, or you can purchase these from your Pharmacy.

- RELIEVERS
These cause shrinkage of the nasal linings. They should not be used continuously, as overuse can make the nose clog up even more. Examples are Drixine, Otrivine.
- PREVENTERS
These have long-term, anti-inflammatory and anti-allergic benefits. They are usually local steroids (sprayed up the nose), which coat the lining of the nose with minimal effect on the rest of the body. Commitment to regular use is essential to get the full benefit. Examples are Flixonase, Beconase, Alanase.



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