

Correct Way to Use Nasal Irrigation and Intranasal Sprays for Allergic Rhinitis

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It is the vague concern of mothers that the physician should be most cautious when using intranasal steroids (INS) in children. Mothers worry that steroids can affect their children's growth. Therefore, doctors should educate that INS is a very safe drug with no effect on the growth of their children. In addition, doctors should educate parents on how to use INS to prevent side effects such as epistaxis.

Nasal irrigation with saline is known as an adjunctive therapy that can be effectively used for allergic rhinitis. Nasal irrigation reduces symptoms and drug use of rhinitis, and improves mucociliary clearance, ultimately improving patient quality of life. In practice, however, patients do not know how to clean their nose properly. Therefore, the medical staff has a responsibility to explain to the patient in detail how to properly perform nasal irrigation. In this lecture, I would like to tell you about proper method of nasal irrigation using pictures and videos.