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## NOSE DROPS

### General information:

- ◆ Nose drops rather than sprays are used at times for a number of reasons.
- ◆ Nose drops tend to provide a higher level of medication to the nose and sinuses.
- ◆ Nose drops can be an essential component in postoperative healing.
- ◆ Nose drops can come in many forms:
  - Occasionally an eye drop will be used in the nose
  - Occasionally your current nose spray will be used in a drop fashion

### For all nose drops:

- ◆ Buy an infant eye dropper from your local pharmacy or supermarket.
- ◆ Draw up the prescribed number of drops into the infant eye dropper and mark the level of medication on the eye dropper with a permanent marker. This will make sure that you drop the correct amount of medication into your nose every time you use your drops.
- ◆ The best position with which to place the drops is the head back position shown below. Typically patients place their head over the edge of the bed for maximum comfort. Place the drops and maintain the position for approximately 3-5 minutes to insure that the drops are in there proper place.
- ◆ **If you immediately taste the drops, then you are not placing them correctly.**

