

Southwest Ear, Nose & Throat

Head & Neck Surgery
Allergy & Sinus
Hearing & Otology

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MEDICATION LIST COMMONLY USED FOR ENT

PONARIS/SESAME OIL (Nasal lubrication)- Drip into each nostril 1/4 dropperful in the evening, approximately one hour prior to bed and/or in the morning. Place head back, then forward to mix the lubricant throughout the nose and sinuses. This helps soothe and coat the nasal passages to prevent dryness, crusting, and bleeding.

OXYMETAZOLINE (Afrin/4-way)- Use 1-2 puffs in each nostril twice daily for 5 days. This decongests and opens nasal sinus passages. DO NOT USE longer than 5 days otherwise this may damage the nasal lining.

SALINE GEL (Ayr/Nassal)- Apply with a cotton swab gently into the nostrils as needed. Avoid vigorous nose blowing or nose picking.

NASAL SALINE IRRIGATION- Use 1/2 tsp sea salt and 1/4 tsp baking soda in one pint distilled sterile boiled water (LET COOL). Irrigate 30-50 ml solution per nostril twice daily to lubricate and remove mucus and crusting. If using a bulb syringe, clean daily by rinsing with rubbing alcohol or in boiling water. Over the counter commercial kits may be used such as Neil Med.

NASAL SALINE IRRIGATION W/BIOTENE/BABY SHAMPOO- Use the recipe above (or Neil Med). Add 1 tsp Biotene mouthwash and 2 drops baby shampoo per pint saline irrigant. Rinse with 30-50 ml solution per nostril twice daily.

NASAL STEROID SPRAY (Flonase or Nasacort are OVER-THE-COUNTER)- Use 1-2 puffs once daily into each nostril. If using saline also, irrigate with saline first prior to placing nasal steroid spray to avoid rinsing the spray from your nose. Nasal steroid spray works as a long term anti-inflammatory and anti-allergy therefore MUST be used daily to derive its effect. Use is generally for weeks to months.

ALLERGY TREATMENT- Use nasal saline irrigation and gently blow nose. Then use nasal steroid spray (Flonase, Nasacort). Take antihistamine pill (Claritin, Allegra, Zyrtec, or their generic equivalents). **OVER THE COUNTER-**

Mucus Thinner: Mucinex (Guaifenesin), Mucinex D (with decongestant Sudafed), Mucinex DM (with cough suppressant)

Nasal Steroid Spray: Flonase and Nasacort- 1-2 sprays each nostril once daily

Antihistamine: Allegra (Fexofenadine), Claritin (Loratadine), Zyrtec (Cetirizine)- 1 tablet daily

Decongestant: Sudafed (pseudoephedrine)

Saline: Neil Med kits, Xlear (with Xylitol), Ocean

Reflux: Prilosec/omeprazole, Prevacid, Nexium (PPIs) or Tagamet, Zantac, Pepcid (H2 blockers)

Dizziness: Meclizine/Antivert

EAR PREPARATION-

Mineral Oil: Place a few drops in ear daily as needed for itchy ear canals.

Selsun Lotion/Shampoo: Use to wash ear canals in shower weekly as needed for itchy ear canals.

White Vinegar: 30 mg with small amount of hydrocortisone cream (place 3-4 drops ear canal twice daily for 7-10 days).

Auto-Insufflation: Pinch and pop gently several times per day for plugged ear/muffled hearing.