

## THE 3 BLOW METHOD FOR IMPROVING NASAL BREATHING

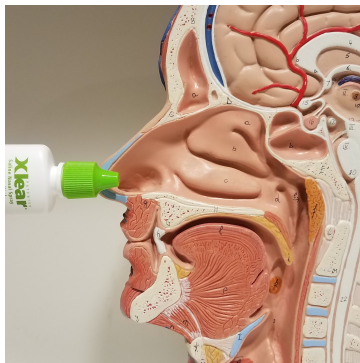
### Patient Education Handout



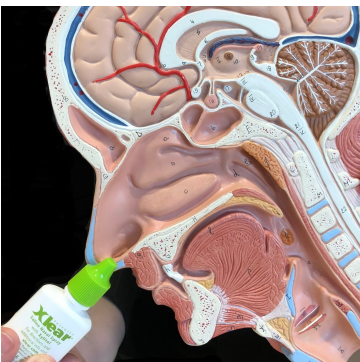
**Step 1:** review the nasal anatomy and note that nasal passages run parallel in a line to the back of your head.

**Step 2:** Blow your nose alternating sides to get the big stuff out.

**Step 3:** Orient your bottle of Xlear nasal spray parallel as explained in Step 1.



**Step 4:** Maintain the parallel bottle relationship to your nose while you angle your head down about 30 degrees. This keeps you from spraying too much liquid into your nose. Spray twice then sniff back the fluid. Don't sniff at the same time you spray to avoid getting spray into your lungs. Let the Xlear nasal spray stay in your nose for at least 30 seconds and then blow your nose a second time. Now your nose is clean and ready for decongestant medication if still needed.



**Step 5:** If you have moderate to severe nasal congestion, or you are on a doctor's directed prescription nasal spray schedule, proceed with spraying it into your nose. Typically an over the counter regime would be to use Flonase Dymista with two sprays per nostril using the same "parallel" positioning as described above.

**Step 6:** Wait for at least 60 seconds before blowing your nose again and only blow if you are uncomfortable. Otherwise, let the medicine do its job to shrink the swollen membranes in your nose to improve your ability to breathe through your nose. Use Flonase for severe nasal congestion nightly for no more than 4 weeks and encourage an ENT referral. Azelastine Astelin Nasal Spray is a great anti-histamine nasal spray to use in place of Flonase that has less rebound side effects.