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OVER THE COUNTER NASAL REMEDIES

Children:

- Hydrocortisone 1%

Place a small amount ($\frac{1}{2}$ a pea size) on the tip of your finger. Rub into the septum (the vertical structure separating the left and right sides of your nose). Next, pinch the soft part of your nose together 3-4 times to spread. Apply morning and at bedtime for 5 days.

- Saline Spray (Ocean Spray, Little Noses or generic brands)

Apply 1-2 sprays in each nostril twice a day to keep nose moist and prevent nose bleeds.

Adults:

- Vaseline

Place a small amount ($\frac{1}{2}$ a pea size) on the tip of your finger. Rub into the septum (the vertical structure separating the left and right sides of your nose). Next, pinch the soft part of your nose together 3-4 times to spread. Apply at bedtime.

- Saline Gel (AYR gel, or other generic brand)

Apply according to directions on the package.

- Saline Spray

Apply 3-4 sprays in each nostril 4 times a day and as needed.