



TUSCALOOSA

EAR NOSE & THROAT

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EAR, NOSE & THROAT
HEAD & NECK SURGERY
FACIAL PLASTIC SURGERY
UPPER RESPIRATORY ALLERGY
NEUROTOLOGY

SALINE NASAL SPRAY

****DRUGSTORE****
OVER THE COUNTER

Examples: AYR, SALINEX, OCEAN OR STORE BRAND/GENERIC

Two sprays each nostril every four hours as needed.

If also using a prescription nasal spray, space nasal sprays 30 minutes apart.

- 1 - Blow Nose
- 2 - Use Saline Spray
- 3 - Wait At Least 30 Minutes
- 4 - Use Prescription Spray