

Application of Budesonide spray with Sinus Rinse

The ability of standard sprays to deliver corticosteroid medications to the postoperative sinus cavities is less than optimal.

In order to improve dispersion, budesonide sprays can be easily added to the Sinus Rinse bottle, and delivered with the lavage itself

1. Remove the black cap from the Sinus Rinse bottle
2. Invert the bottle
3. Spray 10 puffs of budesonide spray (*Steroclear* 100 ug) into the empty, inverted bottle
4. Turn the bottle upright, add the solute (salt sachet or xylitol) and then water
5. Replace the black cap and mix thoroughly
6. Apply half to each nostril

Sinus rinsing works best if multiple bottles are applied to the sinuses, rather than just one. Always add the budesonide spray only to the last bottle of a volley of rinses.

Although 10 puffs seem like a lot of corticosteroid spray, more than 9 of those puffs are immediately lost through the contralateral nostril into the hand basin. Accordingly, the total dose administered is actually very small.

Add budesonide once daily to your Sinus Rinse bottle.

Because the solution is diluted and because the total dose administered is small, it is usually recommended to continue to use fluticasone (*Flixonase*) sprays once or twice a day as directed as well.

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