

DAVID M. DAVIS, M.D., P.C.
JEFFREY S. WEINGARTEN, M.D.
C. BART DICKSON, M.D.
WALTER M. BELENKY, M.D.
MICHAEL E. STONE, M.D.

OTOLARYNGOLOGY, HEAD AND NECK SURGERY
FACIAL PLASTIC SURGERY
SINUS SURGERY, SLEEP APNEA SURGERY
AND VOICE DISORDERS

PROVIDENCE MEDICAL BUILDING
22250 PROVIDENCE DRIVE
SUITE 301
SOUTHFIELD, MI 48075
TEL: (248) 569-5985
FAX: (248) 569-3704

17940 FARMINGTON ROAD
SUITE 120
LIVONIA, MI 48152
TEL: (248) 569-5985

21603 ELEVEN MILD ROAD
ST. CLAIR SHORES, MI 48081
TEL: (248) 569-5985

PROVIDENCE MEDICAL CENTER
PROVIDENCE PARK
26850 PROVIDENCE PKWY
SUITE 165
NOVI, MI 48374
TEL: (248) 569-5985
FAX: (248) 349-7318

NASAL CARE INSTRUCTION SHEET

The nose is a very important part of the human anatomy. The internal anatomy of the nose is quite complex and consists of many structures. The septum is a partition, or wall, which divides the right and left nasal chamber. The septum can be deviated (bent or twisted) resulting in nasal blockage and drainage. The turbinates are delicate wings of bone and skin which project from the sides of the nose towards the middle. The turbinates can swell or congest and result in nasal blockage or drainage. The nasal sinuses are hollow cavities within the skull. These hollow cavities connect to the nose through very small openings.

The nose has many functions. The sense of smell, olfaction, is the primary purpose of the nose. The nose is also responsible for heating, humidifying, and filtering the air that we breathe into our lungs. All of these nasal functions are facilitated by nasal mucus. Nasal mucus dissolves the airborne chemicals that allow the nose to sense odors. Mucus is the substance that evaporates resulting in the heating and humidification of air. Mucus also contains many chemicals which can destroy bacteria and viruses.

Certain medical conditions and surgical procedures may generate a dry or irritated nose. This dryness may generate internal nasal skin cracking, crusting, and bleeding. To treat these conditions nasal care using moisturization techniques is required. There are three components to nasal moisturization: Nasal rinses, placement of ointment and environmental humidification. The benefits of nasal moisturization are numerous. Nasal moisturization removes crust, debris, and infectious material. Nasal moisturization also mildly decongests the nose which allows better breathing and less drainage. Finally, a moist nasal chamber heals more quickly.

NASAL CARE

Ocean (Saline) Nasal Spray

Several sprays into the nose 10-20 times each day.

This may be done indefinitely.

This treatment moistens the nose and decreases crusting.

To refill the bottle:

Add ½ to 1 teaspoon of salt plus 1 teaspoon of baking soda to 1 pint of water.

Antibiotic Ointment or Vaseline

Neosporin or Vaseline

Ointment to be applied to the internal nasal chamber 2-3 times each day using a fingertip or directly applying it from the tube. A Q-Tip may be used by placing the ointment into the nose 1/4 inch only.

A humidifier is helpful in moistening the nose to decrease dryness.