

# BLOCKED NOSE



Nasal washing or douching, is a procedure that rinses the nasal cavity.

Colds, sinusitis and hayfever – these are common ailments that cause blocked noses in millions of people around the world at any one time.

Of these three ailments, the cold is the most widespread and frequently experienced, which is why we often call it 'the common cold'.<sup>1</sup>

All three of these conditions share similar symptoms such as a runny nose, a blocked or stuffy nose and sneezing.<sup>1</sup>

## WHAT CAUSES A BLOCKED NOSE?

A blocked nose occurs when an infection or allergy causes the blood vessels in the nasal cavity to swell and for excessive fluid or mucus to be produced. This gives rise to a 'stuffy feeling'.<sup>6</sup>

The sinuses and entire nasal cavity are lined with a thick layer of tissue called the nasal mucosa (also known as the mucocilliary layer or apparatus). This mucous membrane is responsible for transporting mucus. It provides an important defence mechanism against inhaled organisms and pollutants.<sup>3,4,5</sup>

## SALINE NASAL SPRAYS

Nasal washing or douching, is a procedure that rinses the nasal cavity with either hypertonic or isotonic saline solutions.<sup>10, 11</sup>

The Isotonic solutions have the same salt concentration as the cells that line the nasal cavity whereas hypertonic solutions have a higher salt concentration.<sup>10</sup>

It can be performed through a spray, pump, nebulizer or

squirt bottle. Saline is a salt water that is thought to work by enhancing the nasal mucosa's ability to resist the effects of irritants, infections and other inflammatory agents.<sup>12</sup> Saline is effective for use in managing symptoms associated with upper respiratory tract infections, allergic rhinitis, and acute and chronic rhinosinusitis<sup>12</sup>

- Clears a blocked nose<sup>5</sup>
- It keeps noses running clear<sup>5,12</sup>
- Eases breathing<sup>12</sup>
- moisturizes the nasal cavity<sup>5, 11, 12</sup>

## TREATMENT

- If a nasal spray hurts or scares babies/children, they won't want to use it again. Use a product which contains a gentle micro mist, is preservative free and does not sting or burn, which is what you really need when helping your baby or child to breathe better.
- Did you know that babies under the age of 6 months can only breathe through their noses, and if they have blocked noses, they struggle to latch onto the teat/nipple, swallow more air, and end up crying with discomfort or pain. By simply using a nasal spray 10 minutes before feeding, your baby would breathe and feed better.
- Administering a nasal spray for a baby is a difficult task – holding your little one upright, trying to not push the nozzle too far up their tiny nose, pushing the nozzle down whilst trying to keep your little one's head upright... a lot to remember, right? Choose a nasal spray with an easy thumb-press action, that sprays at any angle, so baby can be lying down, on his/her side, upside down, any angle.
- Nasal sprays can be used in nursery- or school going kids to wash away pollen, dust, viruses and bacteria from the nose, reducing sniffles and allergies and reducing the frequency of colds and flu.
- The fine micro-mist means that the spray doesn't release a harsh, strong stream of liquid, meaning children, from a young age can use the sprays, repeatedly, themselves. Harsh aerosolised-type sprays tend to put children off using nasal sprays completely, defying the purpose of having the sprays.
- Due to saline mimicking the nose environment, it can be used several times every day, even and especially for babies to breathe better (therefore drink, sleep and grow better). Indeed, helping babies drink and sleep better due to improving breathing and oxygen supply.



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- If your doctor has prescribed cortisone, using a spray before using the cortisone would wash away mucus from the nose, clearing the nose area for the cortisone to do its job, making the cortisone more effective, improving symptoms more quickly.
- Make sure that the bottle design results in the contents remaining sterile despite being used, so there is no need to discard after use.

## CHOOSING THE RIGHT NASAL SPRAY

- Not all nasal sprays/washes are equal for blocked noses, allergies, colds and flu, and general sniffles. Flo products are so much more than just saline.
- Flo products are special because they contain saline and added minerals to resemble the healthy nose environment, thereby resulting in better breathing than saline alone.
- Because the sprays resemble the natural healthy nose environment, they wash away unwanted pollen, dust, viruses and bacteria, whilst putting back the necessary minerals required by the nose to function optimally.
- Scientifically proven to use for all ages, from neonates, premature babies, pregnant women, all adults, even post-surgery. Flo mimics the nose environment and is not harsh, so anybody can use it.
- Flo is gentle, easy to use, yet very effective, getting the task done.



- Flo Douches/washes can be used to reach hard-to-reach sinus cavity areas, from the age of 4, and even for ladies suffering from nasal congestion during pregnancy (Flo Sinus Care).
- Flo Sinus Care thins and washes away mucus (and bacteria/viruses) to help reduce sinus pressure and pain.
- You squeeze the specially designed bottle yourself, determining the pressure at which the liquid enters the nostril, so you can tailor it to enter the nostril at a low pressure/speed that is comfortable for you or your child.
- Flo CRS contains xylitol, ideal for more persistent nasal problems and to offer relief for thick stagnant mucus and recurrent infections. This formulation is also preservative free and thins out mucus better than saline alone.
- Flo washes help with the natural defences of the nasal surface tissues because they do not stop the tiny hair responsible for moving mucus/germs out of the nose from working. Some other sprays do stop these hairs from moving, which is not ideal

**Please note:** this is an education information leaflet only and should not be used for diagnosis. For more information on **Blocked Nose**, consult your healthcare professional.

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