



PREMIER ENT

Dr. G. Lee Watkins

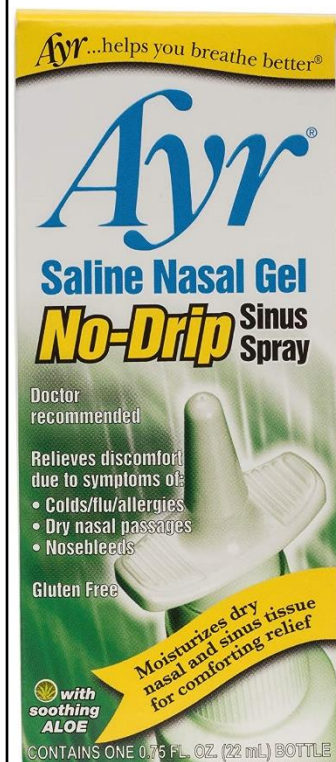
## Nasal Moisturizers

Dry nasal tissue often leads to nosebleeds or general discomfort. You can prevent this by applying a saline nasal gel product inside the nostrils 3-4 times a day, or more if you like. You can't overdose or use too much, think of it as lotion for your nose. We recommend the Ayr, Neil Med, or Pretz Nasal Spray, but even the generic store brand is just as good. Make sure the box says Saline GEL and not mist. The most important time to apply the nasal moisturizer is at night before bed. You can use the gel in between any allergy nasal sprays or irrigations that you may already be doing.

Over the Counter



Over the Counter



Over the Counter



Amazon.com

