



DALLAS  
ENT  
GROUP

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## Humidification Regimen

- Purchase over-the-counter saline nasal spray and saline gel.
  - These can be found at most pharmacies and grocery stores.
- Refer to instructions for use that are included with the products.
- Use the saline gel twice daily for 2 weeks.
- Use the saline spray throughout the day (at least 3-4 times) for 2 weeks.
- If you are on a nasal spray such as Flonase, Nasonex, Patanase, etc., you will need to stop using them for 2 weeks while you are using the saline.
- Don't hesitate to call our office with any questions.