

Sinus Regime

1) No Nose blowing for 4 weeks

2) Antibiotics for two weeks

3) Otrivine nasal drops. Two drops per nostril, three times a day for one week.

4) Menthol inhalation vapour, three times a day for one week.

5) There may be a possibility of nosebleeds for the first week.

6) Please complete the whole course of antibiotics.