

Allergy Consultants, P.A.

Specialists in Pediatric and Adult Allergy, Asthma, and Sinus Disease

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We recommend using Afrin 12 hour Pump Mist: 2 sprays each nostril twice a day.

It is very important that this medicine be used for NO MORE THAN 5 DAYS. Prolonged use can lead to addiction and “rebound congestion” that will be worse than the original congestion.



We generally recommend waiting 10 to 15 minutes after using the Afrin and then doing a nasal saline irrigation. Directions for the Nasal Saline Irrigation can be obtained from our office and are also available on our website.

Please contact our office if you have any questions.

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