



Nasal Obstruction

Nasal obstruction or trouble breathing through the nose may be multifactorial. It may be from sinusitis or nasal allergies. Medical treatment for these problems may provide benefit. The most common first line treatment is a prescription topical nasal steroid spray. There are several available. Some patients try the larger doses of Sudafed in Claritin D 24hr. It is recommended to avoid this medication if you have high blood pressure. It is best to avoid the over the counter nasal decongestant sprays like Afrin, Dristan, and Neo-Synephrine. Occasionally, prescription prednisone tablets may be used for a short period of time to try and provide rapid improvement. Internal nasal Kenalog injections may provide benefit. All of the these interventions are attempting to decrease inferior turbinate size. The inferior turbinates are the nasal tissues that cause changing congestion. If these attempts are not helpful, surgical reduction of the turbinates may be necessary. The nasal septum separates the two nasal airways. Deviation of the nasal septum may contribute to nasal obstruction. It may be recommended to improve the nasal septum deviation with a surgical procedure. Other non-surgical options include Breathe Rite nasal strips or Sinus Cones.