



Topical Nasal Steroid Medications

These medications provide a topical anti-inflammatory that may help with nasal congestion/obstruction and nasal allergy symptoms. Topical nasal steroids are generally safe to use on a long term daily basis and are most effective if used on a daily basis. If certain times of the year symptoms resolve, it may be best to stop use during that time. There are several different types available. Most are prescribed as two applications in each nostril once a day. There are wet/aqueous sprays and dry/aerosol applications. The type prescribed will depend on preference and what your insurance may cover. Some are tasteless/odorless and others are not. Aqueous sprays include Flonase, Nasonex, Veramyst, and Omnaris. Aerosol applications include QNASL and Zetonna. It is important with nasal steroid application to direct away from the nasal septum. Place the applicator in each nostril and direct the medication towards the eye on the same side. Perform a light sniff after the applications. Proper technique may help avoid complications like nose bleeds, nasal crusting, and a hole in the nasal septum. It is important to return for the recommended follow up exams to make sure these complications are not developing.