

Nose care instructions

During inhalation, the function of the nose is to warm, humidify and filter inhaled air. During exhalation, heat and moisture are recovered from the exhaled air. The nose senses smell and acts as resonating chamber for the voice.

Particularly in the early stages of treatment and during winter months, CPAP, BiPAP, APAP treatment may cause nasal symptoms: congestion (stuffiness), dryness, sneezing, accumulation of phlegm in the throat, as well as watery nasal discharge/runny nose. Oxygen treatment may also cause dryness and encrustation of the nasal mucosa, and even nosebleed.

Nasal symptoms are primarily treated with the products listed below, available from the pharmacy without a prescription. If you have previously been prescribed regular medication for nasal symptoms, you should continue using it as instructed.

Examples of products available from the pharmacy without a prescription:

- A-VITA PLUS nasal spray: moistens and soothes the lining of the nose and promotes its regeneration.
- Nozoil nasal oil: contains sesame oil that softens, lubricates and protects mucous membranes.
- NATRIUMCHLORID and HUMIDOSE nasal spray: moistens and softens mucous membranes.
- NASOLIN / NASO- Ratiopharm / OTRIVIN nasal spray: reduces swelling of the nasal mucosa and decreases nasal congestion. Not for continuous use, max. 10 days. You can try it to treat a watery, runny nose, for example.

Various types of creams, such as cold cream or Bepanthen, may be used to treat irritated nostrils, but they do not remove the congestion.

Always check with the pharmacist that the product is suitable for you!

If you have more serious nasal symptoms, you can try nasal sprays with cortisone that are available with a prescription, if necessary.

The use of a nasal irrigation pot (neti pot) or a steam inhaler may also improve nasal breathing.

Contact information

Outpatient Clinic for Lung Diseases
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