BLOCKED NOSE?

What ailments are associated with a BLOCKED NOSE?

Colds, sinusitis and hay fever – these are common ailments that cause blocked noses in millions of people around the world at any one time. Of these three ailments, the cold is the most widespread and frequently experienced, which is why we often call it ‘the common cold’. All three of these conditions share similar symptoms such as a runny nose, a blocked or stuffy nose and sneezing.

What causes a BLOCKED NOSE?

A blocked nose occurs when an infection or allergy causes the blood vessels in the nasal cavity to swell and for excessive fluid or mucus to be produced. This gives rise to a ‘stuffy feeling’.

Mucociliary layer

The sinuses and entire nasal cavity are lined with a thick layer of tissue called the nasal mucosa (also known as the mucociliary layer or apparatus). This mucous membrane is responsible for transporting mucus. It provides an important defence mechanism against inhaled organisms and pollutants.

Drixine® 0.05% Nasal Spray and Pump Spray. H 1376 (Act 101/1965). Each ml contain 0.5 mg oxymetazoline hydrochloride. For further information please refer to the full prescribing information approved by the Medicines Regulatory Authority. Drixine® PureSea BABY NASAL SPRAY: Each 20 ml isotonic metered spray contains natural, sterilised and chemical free isotonic diluted seawater. Drixine® PureSea NASAL HYGIENE SPRAY: Each 75 ml isotonic continuous spray contains natural, sterilised and chemical free isotonic diluted seawater. Drixine® PureSea NASAL SPRAY: Each 75 ml hypertonic continuous spray contains natural, sterilised and chemical free hypertonic (salt concentration at 22 g/l) diluted seawater.

To view a digital version of this material and many other health topics sms “NOSE” to 43990
Standard sms rates apply
How do we treat a BLOCKED nose?

**Over-the-counter (OTC) relief for congestion**

OTC medicines, such as decongestants, may help relieve a blocked nose and can make breathing more comfortable.

These medicines help to narrow the blood vessels in the lining of the nose and in this way help to relieve nasal stuffiness.6

Decongestant nasal sprays and drops work quickly as they are applied directly to the nasal tissue that is affected. However, they should not be used for more than 3 days as they can make congestion worse.

**Drixine® Nasal Spray** contains the decongestant oxymetazoline which works fast and has an effect which lasts for up to 12 hours.7,8

**Saline nasal sprays**

Saline is salt water and is thought to work by improving the function of the nasal mucosa or mucociliary apparatus.9 Saline sprays can be used to relieve blocked noses, clear excess mucus from the nose and improve breathing.11

The isotonic solutions have the same salt concentration as the cells that line the nasal cavity whereas hypertonic solutions have a higher salt concentration.10