

NASAL CONGESTION

Allergic and Non-allergic Rhinitis are both common causes of nasal congestion, snoring, runny nose and post nasal drip. Common triggers of nasal congestion are dry air, animal dander, dust, pollution, and moulds. In addition to increasing humidity in the child's bedroom and removing triggers, your pediatrician may recommend a trial of saline (salt water) rinses and/or prescribe a trial of nasal steroids.

Hydrasense, Neilmed and Salinex are a few examples of saline rinses.

For instructions on how to use nasal steroids, check out:

- <https://www.ucalgary.ca/icancontrolasthma/files/icancontrolasthma/nasal.pdf>