Francisco J. Cano, M.D.
Diplomat of the American Board of Allergy, and Immunology
Pediatric and Adult Asthma, Allergy and Immunology

Steroidal Nasal Inhalers

Steroidal nasal inhalers are topical steroids that act primarily in the nose. They deliver a fine mist of tiny droplets which travel directly from the inhaler through the nostril to land on their primary sites of action... inflamed and irritated nasal mucosa caused by allergens and irritants such as smoke. Since these droplets go directly to their sites of action, there is very little medication traveling free and able to enter the bloodstream.

Steroidal nasal inhalers are indicated for the relief of the symptoms of allergic rhinitis (hay fever) or perennial rhinitis and in those cases that respond poorly to conventional over the counter treatment. They are also indicated for patients with nasal polyps and/or chronic sinusitis. They should provide significant relief from symptoms such as the nasal congestion, itching and sneezing you may be experiencing.

For the nasal inhaler to be effective it must penetrate the nose. For this reason it is sometimes recommended to use a topical (Afrin) or oral (Sudafed) decongestant to open the nasal passages allowing the medication to penetrate sufficiently.

Symptomatic relief may not occur in some patients for as long as two weeks. For this reason it is recommended to use this medication for at least that amount of time before considering it not effective.

Nasal inhalers should be used regularly since its effectiveness depends on its regular use. If the medication is not effective you should not increase the dose without consulting us.

Adverse reactions

Sensations of irritation and/or burning in the nose, occasional sneezing attacks, clear nasal discharge and transient bleeding may occur when using this medication. All of these side effects are usually minor and are not associated with any long term complications. If you experience any of these adverse reactions and have concerns, please contact our office.