

HOW TO APPLY NASAL OINTMENT

TYPES OF OINTMENT YOU MAY BE INSTRUCTED TO USE:

1. Lanolin: available over the counter, often found on the baby aisle
2. Bactroban (mupirocin): a prescription will be sent to your pharmacy

TO USE THE NASAL OINTMENT:

- Wash your hands with soap and water before and after using the medicine.
- Apply a pea-sized amount of the ointment directly from the tube onto the tip of your pointer finger.
- Apply the ointment to the inside surface of the front of each nostril.
- Close your nostrils by pressing the sides of the nose together, then release them. You may also press the sides of the nose together and gently massage the nose. This will help spread the medicine inside the nostrils.
- Apply twice daily and/or at night before bed