

Information Sheet #1 Top Tips for living with Sinus Disorders or Allergies

Top Tips for living with a smell/taste disorder as provided by members of Fifth Sense



Instead of buying expensive nasal rinse sachets, try buying fine grade pink Himalayan salt in a 1kg pouch - it lasts for ages, as long as it is kept in an airtight container, and is a lot more cost-effective. **Anon**

[NB. It's important to add an equal amount of bicarbonate of soda. See website: <http://www.fifthsense.org.uk/sinus-rinsing/>]



Daily flushing of sinuses with salt water and/or antibiotic mixture.
Anon



Try using a 'Salitaire' device which involves breathing in salty air, which is thought to help with sinus and asthma issues by soothing the air passages in both nose and lungs.
Anon



Use nasal strips each night. I put one on before I do my evening nasal rinse and leave it on until I have done my following morning one. This keeps the nasal passages open to flush out as much as possible each time - and also keeps them open at night, helping me to breathe through my nose much better when sleeping. **Anon**



Ask family members to help season food when cooking.
Cindyco - Columbia PA



If you have had surgery to remove nasal polyps, be sure to check in with your surgeon regularly to make sure there is no re-growth (especially important if you have been diagnosed with AERD). **Vivian - Toronto**



Don't itch your eyes and drive! Sinus rinse, every day. Use your antihistamines and stay ahead of it - if you can!
Anon - Tacoma, Washington



I use a neti pot every single day with a mild saline solution, that helps... I also have alternative medicine like stats and kinesiology, which helps enormously.
Pamela - Twickenham



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I had a procedure called sinuplasty, which permits better drainage of my sinuses. This is a relatively simple procedure in which a balloon type instrument is fed into the sinus area, which then expands.

Bernard - Atlanta, GA



A mixture of bicarbonate of soda and pharmaceutical salt used as a sinus rinse. Practice training your other senses to be more alert to hidden dangers. Use a face mask when working with fine particles, chemicals or strong smells are likely.

Stardust - UK



I always make sure that I change my sheets and pillowcases often. I wash my blankets at least once a month. I try to make sure that I dust and vacuum often.

Anon - Crown Point Indiana



After going to my physician and then an ENT with no results for my Anosmia, I tried acupuncture. This was the only treatment that actually gave some results. Although my sense of smell is not perfect, I can smell some things and I treasure all of them.

Liz - USA



A neti pot is great for swishing out pollen and other nasties. Boil and cool the water first and you can add special salt too. It takes a little getting used to but is helpful for stuffy noses and sinuses.

Anon



Tell people so that they can alert you to smells that might trigger your allergies. Always carry a couple of days supply of yr medication with you just in case.

Anon



Try to manage stress (I have allergies as well as anosmia due to cancer). Avoid perfume shops unless you like collecting pretty bottles.

Anon - Brighton, UK



Use a Neto Pot (for sinus rinsing) and a humidifier.

Cheryl W



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Do not give up hope but you have to accept that you may never get the sense of smell or taste back. Try different types of food - texture is important to me now. Try the sinus rinses - they do alleviate some of the discomfort but does not last for long.

Carole - Kent, UK



My only tip is to go on a diet which is low in histamine and anti-inflammatory because this is what helped me the most.

Norma - Barjac, France



Tissues in every room, even the pantry and laundry room.

Sarah - USA



Avoid dry air from central heating. If its on hot then place a bowl of water in the room with a drop of olbas oil or similar.

Anon



Follow up with your doctor on any kind of testing to ensure there are no other known factors that could be causing your issues - then you can rule them all out. Using a natural based salt rinse does help reduce an allergens that may be aggravating the nasal cavity.

Carol - Chattanooga



Citirizine works very well for me in controlling rhinitis.

Anne



Xyztal, or a steroid nasal inhaler.

John - New Braunfels, Texas



Sinus saline rinsing every day; steroid spray such as Flonase or Nasacort; avoid going outside as much as possible during peak allergen times of year (ie: "Cedar Fever" season here in central TX from December through February). **Kristi - Texas**