

**HEALTH EDUCATION
LIBRARY FOR PEOPLE**



World's largest FREE health Education library for people

We help patients to become better patients! We can help you understand your health and medical problems better so you can get better care in partnership with your Doctor.

OUR VISION

We think patients are the largest untapped healthcare resource and that Information therapy is the most Powerful Medicine !

OUR GOALS

1. Encouraging health insurance companies to invest in patient education.
2. Advocating information therapy.
3. Setting up a national network of patient education centers.
4. Developing patient educational materials in Indian Languages for the web.

**For more information on this subject:
Ask the Librarian : Free Answers to
any Health Questions !!**

<http://healthlibrary.com/helpdesk.htm>

For More Info: ASK A LIBRARIAN



Health Education Library For People

Ashish, 5th Floor,
Tardeo End of Bombay Central Bridge,
Tardeo, Mumbai - 400034.

Tel:8291419590

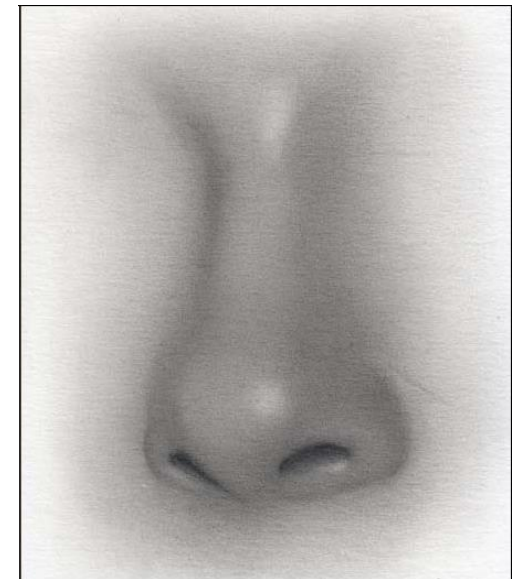
Email: helplibrary@gmail.com

www.healthlibrary.com



HEALTH EDUCATION LIBRARY FOR PEOPLE

Nose



**How to use Nose drops
properly?**

**LET'S HELP
ERADICATE
IGNORANCE**

How to use Nose drops properly?

Having someone else give you the nose drops makes the procedure simple but you can definitely do it independently too.

Procedure:

1. Blow you nose gently.



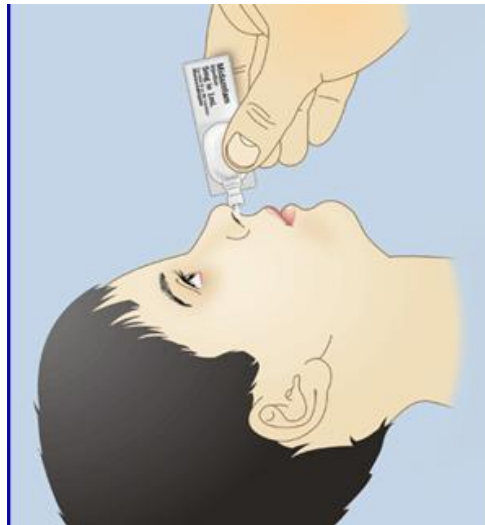
2. Wash your Hands thoroughly with soap and water.



3. Check the dropper tip to make sure that it is not chipped or cracked.
4. Avoid touching the dropper tip against your clean nose.
5. Tilt your head as far back as possible or lie down on your back on a flat surface (such as a head) and hang your head over the edge.



6. Place the correct number of drops (as prescribed) into your nose.



7. Bend your head forward towards your knees and gently move it left and right.



8. Remain in this position for a few minutes.
9. Clean the dropper tip with warm water. Cap the bottle right away.



10. Wash your hands to remove any medication.

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