

MEDROL DOSE PAK: ANTI-INFLAMMATORY MEDICATION

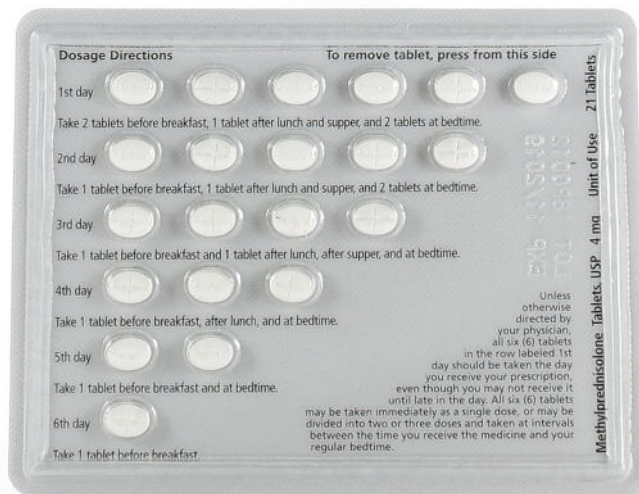
Medrol Dose Pak (methylprednisolone) is an anti-inflammatory steroid (similar to Prednisone) utilized to treat inflammatory conditions and to reduce swelling after trauma or surgery. Easy to follow, daily, dosage over 6 days is on the PAK.

You can separate them **2 - 3** times a day with food, not on an empty stomach. It may cause an upset stomach. Taking an anti-acid medication may prevent stomach discomfort (Tums, Maalox, Gaviscon, Zantac). Aside from the stomach side effects, it may cause insomnia, (difficulty sleeping, so take it starting early in the day).

****When taking it with a specific class of antibiotics, fluoroquinolones (Cipro or Levaquin), do not participate in any impact aerobic exercise as there are reports of tendon rupture (joint pain, muscle inflammation). While on the combination of the antibiotic (Cipro or Levaquin) and steroid, if you experience any new or unusual joint or muscle pain stop the medication and inform the office. ****

If you are diabetic, please monitor your blood sugar levels as it could increase the blood sugar levels.

Let us know if you are taking an immunity suppression medication. Medrol usually does not interact with any other medications.

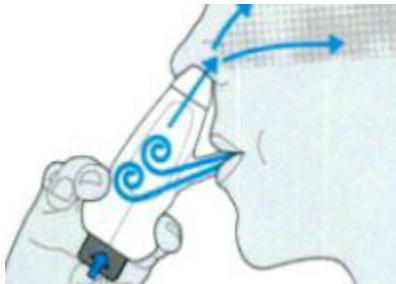


ANTI-INFLAMMATORY MEDICATION NASAL SPRAYS

Intranasal steroid sprays are a remarkably effective topical anti-inflammatory medication effective in allergy, sinus infections, post-nasal drip, environmental irritation, and sneezing (they are like fluoride in toothpaste which decreases dental cavities but does not totally prevent them). Intranasal steroids calm down the inflammation in the nose that leads to blockage, drip, and infections. Patients with chronic nasal problems should use them daily or at least 5x a week to prevent nasal issues. After surgery, they are used to decrease inflammation and to speed recovery.

There are aqueous and aerosol sprays. The downside of aqueous is that a large part of the spray is swallowed and does not stay in the nose to work. The downside of aqueous is that a large part of the spray is swallowed and does not stay in the nose to work. The downside of aerosol sprays is the drying nature of them. Nose bleeds, raw nasal tissue can occur if you direct the spray towards the nasal septum-divider. Aim out towards the eyes (see below).

- ▶ **Aqueous:** NasaCort AQ or Rhinocort AQ (over the counter, Amazon, Costco).
- ▶ **Aerosol:** QNsal or QVar (perscription) - pulmonary with a 00-baby nipple.
- ▶ **Xhance** (perscription): Unique delivery – oral adapter to push medicine in and close the back of the nose to keep most of the spray in the nose and to force it up into the upper parts of the nose.



DOSE

- ▶ **2 Sprays, 2 Nostrils, _____ a day**
- ▶ **Up and Out:** Cross Arms (Left-hand, Right nostril) and (Right-hand, Left nostril)

