

Davies Pharmacy Capsule Comments:

Nosebleeds occur often in the winter months when air indoors is overly dry. To reduce this problem, increase the humidity in your home, and rub a little Vaseline in your nostrils. Saline nasal sprays are also useful.

Congested sinuses respond well to water vapour. Using humidifiers or vaporizers help stimulate the flow of mucus and bring temporary relief. Actually, standing in a hot shower for ten minutes also helps. Adding smelly substances to the water doesn't enhance the effect. Increasing your fluid intake will also help to thin the mucus secretions.

When putting drops in a child's eyes, have the child lie back and close her eyes. Place 1-2 drops on the lids where they meet in the hollow at the nose side of the eyes. Ask the child to blink and the drops will run into her eye as the lids open.

Keep a list with you of all the medications you are taking. Include nonprescription products and herbal remedies. Share the list with all you healthcare providers. This is important because sometimes these products can interact with each other or with other medications you are taking.