

Treatment Considerations for Ongoing Sinus Congestion



Optimizing PAP (positive air pressure) therapy is important to help improve symptoms associated with sleep apnea. Many patients experience nasal congestion on a regular basis. If your nose is “stuffy”, the PAP therapy will be less effective.

Some treatment options to help decrease or eliminate sinus congestion include:



- Regular use of warm saline rinses into the sinuses. You can purchase over the counter nasal saline sinus rinse supplies and use as directed. There are also “recipes” to make your own saline solution online.



- Purchase an over the counter nasal steroid spray, such as Nasonex, Nasacort or Flonase nasal spray. These work by decreasing inflammation in the nasal cavity/sinuses and typically have minimal side effects.

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