

## Poloxamer Gel Protocol

Poloxamer Gel is used to keep medication in place in the sinuses. Unlike other gels, it does not dissolve from body heat which allows it to stay in place for days or weeks at a time. There are, however, circumstances that will dissolve the gel, most often shortly after application. Keeping the gel in place within the first 8 hours after application will maximize both its effectiveness and duration.

The following is a guide to help you let the gel set after it has been applied. Although there is no harm done in the gel dissolving prematurely, having it reapplied may take days before an appointment is available and there is cost involved. Having the gel set and work is the prime objective for everyone involved in this process.

### Two things to keep in mind:

- *The gel will drip. Perhaps not every time, but some will eventually drip down the back of your throat. Gagging will occur; drinking something will help (see point #4).*
- *Excessive physical activity dissolves the gel. Since it is difficult to say what excessive physical activity is for each individual, go slowly at first until you can better determine what that means for you.*

Following is a quick guide:

#### **GOOD**

Warm  
Sedentary  
Relaxed  
Dry nose

#### **BAD**

Cold  
Active  
Emotional  
Runny nose

Following is both the protocol for poloxamer gel and a list of what can give you a runny nose (rhinorrhea).

Protocol for after your appointment:

1. Absolutely no physical activity above a moderate level after the application. Examples include activities such as walking for any length of time, grocery shopping, or cleaning your home. Remember: sedentary is good, active is bad. If being sedentary is impossible with your daily schedule make your appointment as late in the day as you can and finish any activities before your appointment.
2. Stay upright. Don't lay down when you get home for at least 3 – 4 hours. Sit upright and do something relaxing such as watching TV. TV is eye level and keeps gravity working for you. Reading bends your head down where gravity is working against you.
3. Keep your head movements to a minimum. No excessive head movement.
4. Since excessive cold can cause the gel to liquefy, don't drink anything frozen or with ice as this can potentially cool your sinuses through the roof of your mouth. Instead, drink something warm which will increase the temperature in your mouth and further solidify the gel. Also avoid spending long periods outside in the cold; avoid cold baths and showers.
5. Relax, both emotionally and physically.
6. Don't let your nose become runny (rhinorrhea).

Protocol for after your appointment and the duration of the gel being in place:

7. Don't do anything with your sinuses. No decongestants, no flushing, no nasal sprays of any kind for at least three to four days. Anything that will add liquid into your sinuses will remove the gel.
8. Avoid sneezing if possible. Sometimes sneezing can be avoided by pressing on the middle of your upper lip, if not, sneeze with your mouth open. While sneezing with your mouth closed is a natural reaction, this forces the air to come out of your nose and can force the gel out with it.
9. NO CRYING! Crying will make your nose run. Keep crying to an absolute minimum.