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**Post nasal Drip**

1. Sudafed (6 hour, small red tablet): Take 2 in am and 2 at 2pm
   1. Please check your blood pressure after 3 days.
2. Flonase nasal spray, 2 sprays each nostril twice daily
3. Gargle warm salt water, 5 minutes 4 times daily
4. Chloreseptic throat spray, gargle for 5 minutes 15 minutes before laying down in bed
5. Raise head of bed, by placing a cushion from a couch or chair between the mattress and the box spring.
6. No eating or drinking 2 hours before bedtime.