



## Nasal Moisture and Humidification

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The function of the nose is to humidify and condition the air that we inhale. Unless things are going down the wrong pipe, drinking water does not directly moisturize the vocal cords. In order to moisturize the nose and throat, establishing a good nasal moisture regimen is important.

The following Nasal moisture products are available at most drugstores:

- Prepackaged nasal saline rinse
  - Products like a Neti Pot™ can be used with prepackaged saline mixed with lukewarm distilled or bottled water for at-home nasal irrigation
- Nasal saline spray
- Nasal saline gel
  - Nasal saline spray or gel is an easy, portable way to moisturize the nose; it can be used when traveling or waking up in the middle of the night with a dry throat. Feel free to purchase whatever is cheapest; some brands include *Ocean Spray*, *Neil Med*, *Ocean Gel*, *Ayr Gel*, or store brand.

Humidification is also highly recommended to hydrate the nose and throat. A humidifier should be used at night 2-3 feet away from the head of your bed, preferably on an elevated surface, such as a nightstand. In addition, a personal humidifier may be used in other small environments such as the work office or car.

- Humidifiers can be purchased online or at a local drugstore, such as CVS or Walgreens. Warm or cool mist is fine.
- Personal/portable humidifiers can be purchased on Amazon: Search personal humidifier or portable humidifier
  - multifun *USB portable mini- Humidifier*
  - Satechi *USB Portable Humidifier v.2.5 (Regular)*
  - Boneco *Travel cool mist Ultrasonic Humidifier*