

Recommend FESS® first to help improve the effectiveness of allergic rhinitis treatments

Nasal saline is recommended as adjunct therapy for all presentations of allergic rhinitis¹

- **Mechanical clearing** of nasal secretions and allergens prepares the nasal mucosa for **optimal medication absorption**^{2,3}
- Nasal saline pretreatment improves efficacy of medicated nasal sprays, with nasal saline plus medication **significantly superior to medication alone** in adults ($p < 0.0001$)*²
- Regular adjunct nasal saline use was shown to **improve nasal symptoms of allergic rhinitis by 28%†**³



*Systematic review and meta-analysis of 12 RCTs assessing use of nasal saline to treat allergic rhinitis in 819 adults and children.²

†Systematic review of 10 RCTs assessing use of nasal saline as an adjunct to standard care for up to 7 weeks in >400 adults and children with allergic rhinitis. Primary parameter was nasal symptom score that assessed obstruction, sneezing, itching, and secretion on a scale of 0 (none) to 5 (severe).³

The FESS® range of nasal saline formats offers tailored solutions based on congestion level and age

FESS® washes and most nasal saline sprays[†] are approved by the National Asthma Council Australia Sensitive Choice® program and may be a suitable choice for people with medically diagnosed asthma or allergies.



MILD TO MODERATE CONGESTION		SALINE NASAL SPRAY	
MODERATE CONGESTION		NASAL & SINUS MIST	
MODERATE TO SEVERE CONGESTION		NASAL & SINUS WASH GENTLE STRENGTH	
SEVERE CONGESTION		NASAL & SINUS WASH EXTRA STRENGTH	
BABIES & CHILDREN		LITTLE NOSES & FESS® CHILDREN'S	

[†]FESS® Nasal Defence Nasal Spray and FESS® Eucalyptus Nasal Spray are the only FESS® products not approved under the Sensitive Choice® program in Australia and New Zealand. Care Pharmaceuticals is a licensed partner and proud sponsor of the National Asthma Council's Sensitive Choice® program.

Expert-led education to support allergic rhinitis care in the pharmacy

CPD ARTICLE | Every consultation counts: pharmacist-led counselling, nasal technique, and follow-up in allergic rhinitis

Dr Jessica Tattersall, allergist and medical rhinologist, provides **expert guidance on what pharmacists can ask, explain, demonstrate, and review** to improve adherence and outcomes for allergic rhinitis, covering key principles on:

- Recommended stepwise pharmacotherapy
- Non-pharmacological and behavioural strategies
- Adjunct use of nasal saline to improve efficacy of intranasal medications
- Patient counselling to ensure correct use of nasal products



CLINICAL BITES VIDEO SERIES | Allergic Rhinitis Rounds

Expert-led discussions of diverse allergic rhinitis case scenarios, to reinforce key management considerations for common presentations.

Access by scanning the QR code or visiting <https://hcp.carepharma.com.au/register>



Not another sinus infection

When recurrent nasal symptoms are really allergic rhinitis

Expecting and congested

Balancing symptom control and safety when treating rhinitis during pregnancy

"Are steroids safe for my child?"

Supporting parents in the management of paediatric allergic rhinitis

Presented by
Dr Jessica Tattersall
Allergist/Medical
Rhinologist



Presented by
Dr Jonny Taitz
Specialist General
Paediatrician



CPD, continuing professional development; RCT, randomised controlled trial.

References: 1. Australasian Society of Clinical Immunology and Allergy. Allergic Rhinitis Clinical Update. 2024. Available from: <https://www.allergy.org.au/hp/papers/allergic-rhinitis-clinical-update> (accessed June 2026). 2. Wang Y, et al. *Allergol Immunopathol (Madr)*. 2020;48(4):360–367. 3. Hermelingmeier KE, et al. *Am J Rhinol Allergy*. 2012;26(5):e119–e125. 4. Allergic Rhinitis [published June 2026]. In: Therapeutic Guidelines. Melbourne: Therapeutic Guidelines Limited. Available from: <https://www.tg.org.au> (accessed July 2026).

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