

# MYGIND'S POSITION

## INTRODUCTION

This position is used to more effectively administer topical steroid solution to the forehead sinus area (frontal sinuses), which is difficult to reach with nasal rinses alone. This can be especially useful after a surgery that affects the opening of the frontal sinus.

## HOW TO DO

- Hang your head off the side of the bed, then apply the drops to the nasal cavity, allowing gravity to drain the medicated drops to the desired area.
- Keep your head hanging upside down for about 5 minutes before returning to an upright position.
- Repeat these steps 1-2 times day per day or according to your physician's orders.

