Newsletter Peel Park Surgery February

2020

Fire Risk creams

Paraffin Based Emollients Individuals using paraffin-based emollients should be advised to keep away from fire or flames as dressings and clothing soaked with the emollient can be easily ignited. NHS Improvement and the MHRA have been reminding healthcare professionals of the fire risks that paraffin-based products can cause, following a number of serious incidents and a recent fatality. When patients are being treated with a paraffin-based emollient product that is covered by a dressing or clothing, there is a danger that smoking or using a naked flame could cause the dressings or clothing to catch fire.

**Nasal polyps**

**Nasal polyps are painless soft growths inside your nose. They're not usually serious, but they can keep growing and block your nose if not treated.** **Check if you have nasal polyps** .Symptoms of nasal polyps include:

* blocked nose, runny nose, constant need to swallow (post-nasal drip), reduced sense of smell or taste, nosebleeds and snoring

Nasal polyps can sometimes feel like a [cold](https://www.nhs.uk/conditions/common-cold/), but colds tend to clear up within a few days, whereas nasal polyps will not get better unless they're treated.

If your polyps block your sinuses, the air pockets around your nose, you may also have symptoms of [sinusitis](https://www.nhs.uk/conditions/sinusitis-sinus-infection/).

**A pharmacist can help with nasal polyps**

After seeing a GP, a pharmacist can recommend:

* steroid nasal sprays that do not need a GP prescription
* salt water washes (called a saline rinse or nasal douche) to help unblock your nose

Make your own salt water wash

**Cause of nasal polyps,**It's not clear what causes nasal polyps.Certain things can increase your risk of nasal polyps, like: asthma**,** a bad reaction to taking aspirin**.** Nasal polyps are rare in children.