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feb 11 2025 if you need to clear nasal congestion apply a warm compress to your face take a hot steamy shower or use a humidifier to loosen up the mucus over the counter

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sinus pressure and help with nasal congestion use a

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3 days ago overuse though can lead to rebound congestion also known as rhinitis medicamentosa a condition that actually worsens symptoms like swelling of the nasal

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3 days ago find comprehensive solutions to open your nose covering non medicated techniques safe otc options and clear guidelines for medical consultation

jan 12 2023 sinus congestion can be a pain but there are ways you can clear your nasal passages at home with remedies like neti pots nasal sprays or taking hot showers

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