



HOMEMADE TOPICAL TO PREVENT FLUSHING

1. Purchase Afrin Original Nasal Spray 0.5oz (active ingredient oxymetazoline), and a 3oz bottle of CeraVe PM Facial Moisturizing Lotion.
2. Squirt out a small amount of CeraVe (to make room for the Afrin).
3. Pour the bottle of Afrin into the CeraVe and *shake*.
4. Apply the mixture in the morning or before an event, to prevent flushing.

There is a risk of rebound (worsening redness) if done regularly.