

## HOMEMADE TOPICAL TO PREVENT FLUSHING

- 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.

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