



Homemade topical to prevent flushing:

- Buy 0.5 oz Afrin Original Nasal Spray (active ingredient oxymetazoline) and 3 oz bottle CeraVe PM FacialMoisturizing Lotion.
- Squirt out a small amount of CeraVe (to make room for Afrin).
- Pour bottle of Afrin into CeraVe and shake.
- Apply in morning or before an event to prevent flushing.
- Risk of rebound (worsening redness) if do this regularly.