

No need for needles: Botox sponge treats intrinsic rhinitis

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Injecting botulinum toxin (botox) to treat intrinsic or allergic rhinitis may be a thing of the past as researchers have now shown that sponges soaked in botox are equally effective in treating the condition. The research published in BioMed Central's open access journal *Head & Face Medicine* offers a potential needle-free treatment to the millions of people who suffer from rhinitis.

Rainer Laskawi (ENT-Department) worked with a team of researchers from the University Medical Center Göttingen, Germany, to test the effectiveness of the botox sponge. He said, "Intrinsic rhinitis affects a lot of patients and can be quite disabling for the patient. Botox injections can help, and we wanted to explore a less invasive alternative".

The researchers inserted sponges into the patients' nostrils for 30 minutes, which were soaked with [botox](#) directly after the insertion. The patients then kept a 'nose diary' for the next twelve weeks, detailing sneezes per day, tissues used and a 'congestion score'. A group of patients who received the treatment scored better on all aspects. According to Laskawi, "We've shown that the minimally invasive application method of BTA with a sponge is a safe, painless method which can lead to a long lasting reduction of nasal hypersecretion".

It may be hypothesized that there exists a certain form of a "botulinum toxin-sensitive" intrinsic rhinitis.

More information: Minimally invasive application of [botulinum toxin](#) A

in patients with idiopathic [rhinitis](#), Saskia Rohrbach, Katharina Junghans, Sibylle Köhler and Rainer Laskawi, *Head & Face Medicine* (in press), www.head-face-med.com/

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