

APPENDIX A: OLFACTORY TRAINING

This section provides details about the Olfactory Training at the Veterans Affairs Otolaryngology Department in Atlanta, GA

1. Actively smell or sniff
2. Four familiar scents
3. Think about your memory of the odor while smelling the odor
4. In random order, sniff for a total of 20-60 seconds for each odor
5. Rest for 30 seconds between each scent
6. Sniff the four scents, 2 to 4 times a day, each, for 24-36 weeks
7. Change the odorants used every 12 weeks

The stimulating smells used are often in commercially available smell kits are often selected from major smell categories, such as aromatic, flowery, fruity, and resinous.