

SINUSITIS

Signs and Symptoms

Sinusitis is an infection of the sinuses. The signs and symptoms of this infection are similar to those of an upper respiratory infection and include:

- Fever
- Clear, yellow, or green sputum production of nasal drainage
- Cough
- Shortness of breath
- Fatigue
- Scratchy and /or sore throat
- Toothaches
- Bad breath
- Ear pressure
- Mild headache
- Pressure in the forehead area or behind the eyes

Causes

Causes of a sinus infection can range from humidity, temperature change, and smoking to viral and bacterial infections. Your sinuses are located in your nose, behind your eyes, and in your forehead. If these chambers are unable to clear the secretions, mucous and pressure build up causing a sinus infection. If the cause of the sinus infection is bacterial, antibiotics are prescribed for 10 days. Antibiotics are not helpful if caused by a virus.

Possible Treatments (over the counter)

- Saline rinse or Netti Pot
- Increasing your daily fluid intake
- Humidity – steam from tea kettle, hot shower, or vaporizer 3-4 times each day for 4 days
- Rest
- Decongestant for 10 days
- Over-the-counter medications:
 - Afrin® – one spray in each nostril, then repeat 15 minutes later. Do this 3 times a day for no more than 3 days to avoid rebound effects.
 - Ocean Nasal Spray® – use 4-5 sprays in each nostril 15 minutes after using Afrin
 - Tylenol or ibuprofen for pain

If no improvement is seen in 10 days, contact your physician for further antibiotic treatment.

Contact your physician if you have any questions or problems.