

Sinus Infection

DESCRIPTION (Diagnosis must be confirmed by a physician.)

A sinus infection is a bacterial infection of one of the seven sinuses that normally drain into the nose. Sinus congestion can occur without bacterial infection if one of the sinus openings becomes blocked from a cold or hay fever.

The bacteria can multiply within a sinus, pain and pressure occurs above the eyebrow, behind the eye, or over the cheekbone. Other symptoms include a profuse yellow nasal discharge, postnasal drip, a blocked nose, fever, and bad breath. A sinus infection may cause a chronic cough. Swallowing sinus secretions is normal and harmless but may lead to some nausea. Most sinus infections can be diagnosed without sinus x-rays.

TREATMENT

The following treatment should reduce pain.

Antibiotics

This medicine will kill bacteria that are causing the sinus infection. Even if you are feeling better in a few days, please take the entire antibiotic prescription. If you stop an antibiotic early, the infection may return and the bacteria that caused the infection may develop resistance to that antibiotic making it much harder to treat.

1. Nasal washes

Use a saline rinse or neti-pot to wash dried mucus or pus out of the nose. Do nasal washes at least four times a day. If the air in your home is dry, run a humidifier.

2. Decongestants nose drops or spray

To drain the sinuses, use a generic, long-acting decongestant nosedrop or spray (such as oxymetazoline) for a maximum of 1-3 days. Do not use for more than 3 days to prevent rebound swelling of the nose, which makes the nose feel stuffier and more obstructed.

4. Pain-relief medicines

Take ibuprofen for sinus pain or any fever over 101 degrees F (39 degrees C). Advil cold and sinus combines Sudafed and ibuprofen and is recommended for both pain relief and decongestion.

5. Oral antihistamines

They are used to treat the symptoms of an itchy, runny nose associated with environmental allergies. If you do not have these symptoms, you should avoid using antihistamines because they can slow down the movement of secretions out of the sinuses.

Special Instructions:
