

What is Sinusitis?

- Sinusitis is the inflammation of the sinuses, which are the hollow spaces above the eyebrows, between the eyes, and along the sides of the nose
- The sinuses are lined with mucous membranes
- A cold, flu, allergies, smoke, or pollution can make the membranes swell, which reduces the ability of the membrane to drain

Symptoms

- Symptoms of sinusitis include:
 - Stuffiness
 - Sinus pressure or headaches
 - Facial pain over the sinuses
 - Sore throat
 - Cough
 - Thick and/or colored mucus
 - Pain in the upper teeth
 - Fever

What Can I Do?

- Drink a lot of fluids
- Avoid cigarette smoke, allergens, and other irritants
- Blow your nose gently
- Take a hot shower or use a humidifier
- Gargle with a warm salt-water solution
- Try using a saline rinse with a neti pot

Over-The-Counter Treatments

- Oral decongestants – reduces sinus swelling
- Decongestant sprays – bring short term relief, but continued use will cause the nose to actually get stuffy. Don't use decongestant sprays for more than 3 days
- Salt-water spray – reduces sinus swelling
- Antihistamines – these help prevent sinus swelling before exposure to allergens
- Aspirin, ibuprofen, or acetaminophen – these help relieve pain associated with sinus headaches

When Should I see a Doctor?

- Home treatment gives no relief after 5 – 7 days
- The cold has not improved after 10 – 14 days
- Cold symptoms get worse after they started to improve
- Sinus headache or facial pain is severe and does not respond to pain relievers
- Vision gets blurry
- Swelling around eyes is noticeable
- The mucus changes from clear to dark after 5 – 7 days of a cold
- A fever lasts for 3 – 5 days