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What Can I Do?

Things You Can Do At Home To Feel Better

- Drink plenty of water to stay hydrated. This will help thin mucous so it can drain.
- Use a vaporizer while sleeping.
- Apply heat to painful areas of the face with a warm towel or compress.

For More Information

Visit:

www.mayoclinic.org/acute-sinusitis/DS00170

Or

http://my.clevelandclinic.org/disorders/sinusitis/hic_sinusitis.aspx



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Acute Sinusitis



**What You
Need To Know**



**About Sinus
Infections**

What Is Acute Sinusitis?

Sinuses are spaces in the bones of the face that are filled with air. Acute sinusitis is a condition where these spaces become inflamed. They may also become infected with bacteria.

HOW LONG

WILL THIS LAST?

It is common for patients to have symptoms for 14 days or longer.

Treatment Options

- Over-the-counter nasal decongestants
- Antihistamines may help if you have allergies
- An expectorant that contains guaifenesin like Robitussin to thin mucous.
- Ibuprofen (Advil or Motrin) or acetaminophen (Tylenol) for pain



Antibiotics

- Many patients with sinus infections do not need antibiotics. They will get better on their own in about two weeks.
- Some patients will need antibiotics. Your doctor will determine if you need antibiotics.
- Antibiotics are a strong medication and can have side effects.
- If your doctor prescribes antibiotics it is important that you finish all of your medication

Common Symptoms

- Nasal congestion
- Postnasal drip
- Fever
- Headache
- Facial pain
- Pain in the teeth
- Redness of the skin over sinus

