

You have been diagnosed with: SINUSITIS

Sinusitis is an inflammation of the membranes lining the sinus cavity. Difficulty breathing through the nose because of congestion, swelling around the eyes and face, and headache are some of the most common symptoms. Fever can accompany sinusitis. Commonly caused by a viral cold like illness, allergies, bacteria and molds or fungi can also cause this inflammation.

Treatment Plan:

Saline nasal sprays wash away the irritant from the nasal passages. Using a steroid nasal spray to shrink the swelling may be recommended and prescribed by your physician/provider. Using the saline first may increase the effectiveness of your steroid nasal spray. Your physician may also choose a decongestant to help with the congestion. Use medications as directed and make sure that you discuss with your physician/provider any over the counter preparations you may be using, especially if you are on any prescription medications. An over the counter pain reliever will usually be adequate to treat sinus pain. Many of these medications as well as sinusitis cause dry mouth so be sure to include plenty of fluids to keep hydrated. If you were prescribed an antibiotic, please be sure to continue it until all the medication is gone. Failure to do so could result in your body building up a resistance against the drug and making it much less effective than now.

Should your headaches **change in frequency, become more painful than you have ever experienced** or you have **NEW symptoms (such as numbness, blurred vision, speech disturbance, fever, neck stiffness or other symptom)** associated with it or worsens in any way before your next scheduled visit you must **contact your physician/provider at The Doctors Center as soon as possible or if unable to reach provider please go to the nearest emergency room for evaluation.**

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