



## Sinusitis

Sinusitis is an infection of one or more of the sinuses surrounding your nose. Causes include ALLERGY, nasal polyps, deviated nasal septum, and enlarged adenoids. Most often occurs as a complication of the common cold.

**SYMPTOMS Of SINUSITIS:** (not all these symptoms may be present)

- Fever
- Pain or a feeling of pressure in the face
- Cough
- Postnasal drip and sore throat
- Impaired ability to smell
- Unpleasant taste in the mouth or foul odor to the breath

**DIAGNOSIS:** Frequently your doctor will know if you have sinusitis simply by how you describe your symptoms and by physical exam. Sometimes x-rays may be needed.

**TREATMENT CHOICES:**

- Antibiotics
- Decongestants
- Pain relievers
- Prescription nasal sprays with cortisone medication in them
- **SALT WATER IRRIGATION** can be especially helpful in preventing and treating sinus problems. Over the counter nasal salt water (saline) solutions may be helpful. Irrigation with a sinus rinse with “hypertonic” saline may be more helpful. This stronger saltwater solution helps to shrink nasal membranes and acts as a decongestant. If you use a prescription nasal spray, do this after irrigation. With a virus “cold” or sinus infection use the saline more often.

Follow the directions for the **SINUS RINSE** nasal saline kit. Be sure to remember to:

1. Use distilled or boiled water warmed for about 40 seconds in a microwave.
2. Lean way over the sink and look down.
3. Keeping mouth open, apply cap snugly against nasal passages.
4. With your mouth open, squeeze bottle gently until solution drains from opposite nasal passage or from mouth.
5. Remove the bottle from nostril before allowing the bottle to re-inflate.

**HYPERTONIC SALINE** (salt water)

Mix together well in a closed container:

- 3 parts ( $\frac{3}{4}$  cup) non-iodized salt
- 1 part ( $\frac{1}{4}$  cup) baking soda

Add 1 tsp of this salt mixture to 1 cup of warm water and stir to dissolve. Distilled or boiled water is recommended.