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Sinus Infection

You have been diagnosed with sinus pressure or infection. When a sinus is pressurized you can have pain in your face, pain in the upper teeth, ear pain, headache, fever and nasal discharge. It is usually a result of infection by a viral source (like a cold) or allergy, but it is also sometimes caused by bacteria. Experts agree that sinus pressure should be initially treated with medications designed to get air into the closed sinuses, but if the symptoms last longer than 7 days antibiotics may be indicated.

Medications can be used to help sinus pressure symptoms may keep patients from having to take antibiotics. When patients feel pressure in their sinuses, they should first try:

1. Sudafed and sudafed containing medications such as Zyrtec D and Allegra D. These over-the-counter medicines help shrink the swollen nasal lining and allow air into the sinuses, preventing the growth of bacteria.
2. Afrin (oxymetazoline) nasal spray. This works in minutes can be used for 3-4 days safely and is used twice per day. We recommend using this spray 30 minutes before nasal steroid spray.
3. Nasal steroid sprays such as Flonase and Nasonex. These over-the-counter medications will decrease inflammation in the nasal passages. They do take 3-4 days to start working and 2-3 weeks for maximum affect, so they should be started as soon as symptoms begin. They can be used for several months.
4. Nasal washes such as nasal saline and Neti Pots.
5. Prednisone. This prescription medication can also help decrease inflammation in the nasal passages.
6. If symptoms persist more than 7 days antibiotics can be prescribed.

Agents felt to be helpful in promoting the body's ability to defend itself are herbals medications such as Zinc, Echinacea and Vitamin C. Vitamin C in large doses is felt to be helpful, but you need to take very large doses. Drinking large amounts of non-caffeinated low sugar liquids is advisable, enough so that your urine looks very light yellow or clear.

For Ecchinacea Products available at FirstCare: Adults take 4-5 half-droppers full (diluted in water) 3-4 times per day or 3 capsules 3-4 times per day for 2-3 days.

Vitamin C 1000 mg: Adults take 3-4 pills 3-4 times per day for 2-3 days.

The Wellness Formula: 6 capsules 3 times per day for 2-3 days.

For pain and fever we recommend Ibuprofen (Advil, Motrin IB) or Naproxen (Aleve) and Acetaminophen (Tylenol). Acetaminophen can be taken along with Ibuprofen or Naproxen for additional pain relief.

The adult dose of Ibuprofen is 600-800mg (three-four 200 mg tablets) every 6-8 hours. The adult dose of Acetaminophen is 500-650mg every 4 hours.

The adult dose of Aleve is two pills every 12 hours.

For cough we recommend Buckwheat Honey, 1 Tablespoon every 15 minutes as needed, and Dextromethorphan containing medications such as Mucinex DM and Delsym. FirstCare Walk-In Medical Center carries these and many other over-the-counter medications, herbal remedies and prescription medications for your convenience.

For sore throat: Zinc Lozenges, 100% zinc are the best. Honey, especially raw honey is great, as much as you want to take. Advil or Aleve for the pain.

HUMIDIFIERS ARE ESSENTIAL during the winter months. Even a small humidifier, in the bedroom at night with the door closed, will provide significant humidity to your respiratory system and produce noticeable improvements in the morning.

RETURN TO FIRSTCARE, GO TO AN EMERGENCY DEPARTMENT, OR SEE YOUR OWN PHYSICIAN IF YOUR CONDITION WORSENS, IF NOT IMPROVED WITH PRESCRIBED TREATMENT, OR NOT IMPROVED IN 48 HOURS. FOLLOW UP WITH YOUR PRIMARY PHYSICIAN OR FIRSTCARE WITHIN 5-7 DAYS.

FirstCare offers Family Practice, Pediatric and Gynecologic care, as well as specialist care in the areas of Cosmetic Dermatology, Cardiology and Physical Therapy. We also provide school, sports, work and DOT physical examinations, vaccinations such as flu and tetanus, x-rays and skin surgery.

FirstCare Medical Center has the UltraSlim body contouring system for instant fat reduction. Ask us about this revolutionary device.

Please visit FirstCareMedCenter.com to fill in our PATIENT SATISFACTION SURVEY and be entered to win a \$50.00 Essence MediSpa gift certificate. The link to the survey is on the left side of the homepage at the bottom of the links menu.

THANK YOU FOR ALLOWING US THE PRIVILEGE OF PARTICIPATING IN YOUR CARE. IF THERE IS ANYTHING ELSE WE CAN DO FOR YOU OR ANY WAY WE CAN IMPROVE, PLEASE LET US KNOW.