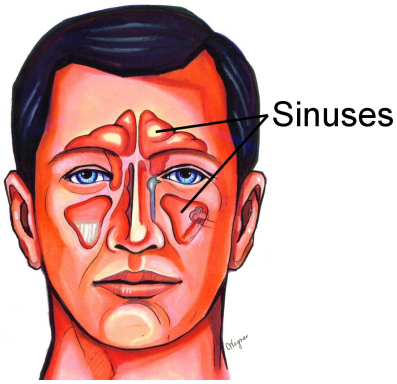
Sinus Headache

A sinus headache is when your sinuses become clogged or swollen. Sinus headaches can range from mild to severe. Some sinus headaches can actually be migraine headaches.

CAUSES



- A sinus headache can have different causes, such as:
  - Colds.
  - Sinus infections.
  - Allergies.
  - Toothaches.
  - Weather changes.
  - Stress.

SYMPTOMS

- Symptoms of a sinus headache may vary and can include:
  - Headache.
  - Pain or pressure in the face.
  - Congested or runny nose.
  - Fever.
  - Inability to smell.

TREATMENT

- The treatment of a sinus headache depends on the cause:
  - Antibiotics. If you have a sinus infection, antibiotic treatment may be needed to treat the infection.
  - Antihistamines and nasal cortisone medicine. Sinus pain caused by allergies may be helped by these types of medication.
  - Nasal saline solution. Pain caused by congestion may be decreased by irrigating the nose and sinuses with saline solution.

HOME CARE INSTRUCTIONS

- Take medications as told by your caregiver.
- If you are taking antibiotics for a sinus infection, make sure you take all of the medication as told.
- Nasal sprays may help reduce pressure symptoms.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as told by your caregiver.

SEEK IMMEDIATE MEDICAL CARE IF YOU DEVELOP:

- A high fever or chills (Temperature greater than 102.5º F or 39.2º C).
- Headaches more than once per week.
- Sensitivity to light or sound.
- Repeated nausea and vomiting.
- Problems seeing.
- Sudden severe pain in your face or head.
- Seizures.
- Confused thinking.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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