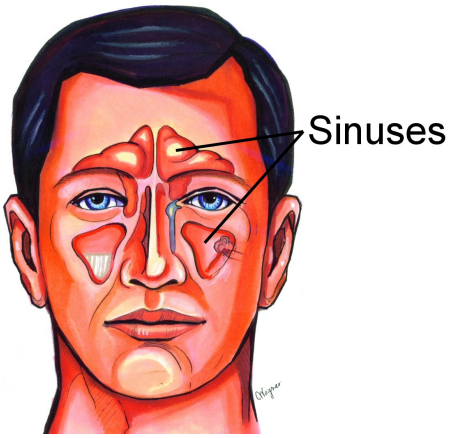
Sinusitis

Sinuses are air pockets within the bones of your face. The growth of bacteria within a sinus leads to infection. Infection keeps the sinuses from draining. This infection is called sinusitis.



SYMPTOMS

There will be different areas of pain depending on which sinuses have become infected.

- The maxillary sinuses often produce pain beneath the eyes.
- Frontal sinusitis may cause pain in the middle of the forehead and above the eyes.

Other problems (*symptoms*) include:

- Toothaches.
- Colored, pus-like (*purulent*) drainage from the nose.
- Any swelling, warmth, or tenderness over the sinus areas may be signs of infection.

TREATMENT

Sinusitis is most often determined by an exam and you may have x-rays taken. If x-rays have been taken, make sure you obtain your results. Or find out how you are to obtain them. Your caregiver may give you medications *(antibiotics*). These are medications that will help kill the infection. You may also be given a medication *(decongestant)* that helps to reduce sinus swelling.

HOME CARE INSTRUCTIONS

- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.
- Drink extra fluids. Fluids help thin the mucus so your sinuses can drain more easily.
- Applying either moist heat or ice packs to the sinus areas may help relieve discomfort.
- Use saline nasal sprays to help moisten your sinuses. The sprays can be found at your local drugstore.

SEEK IMMEDIATE MEDICAL CARE IF YOU DEVELOP:

- High fever that is still present after two days of antibiotic treatment.
- Increasing pain, severe headaches, or toothache.
- Nausea, vomiting, or drowsiness.
- Unusual swelling around the face or trouble seeing.

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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