



# UNIVERSITY OF MARYLAND UNIVERSITY HEALTH CENTER

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## SINUSITIS

### Sinusitis:

- Is an inflammation of the airspaces within the bones of the face
- Usually occurs when the nasal congestion from a cold or allergies doesn't allow the sinuses to drain properly
- Can be caused by allergies, changes in temperature or air pressure, overuse of decongestant nasal sprays, smoking, swimming or diving
- Sinus infections may be caused by a virus, bacteria, or fungus

### Symptoms:

- Runny or stuffy nose
- Headache
- Fever
- Face or tooth pain
- Cough
- Yellow/green nasal mucus
- Bad breath
- Post-nasal drainage
- Cold symptoms lasting more than 7 days

### Treatment:

- Often improves on it's own, without medications
- Bacterial infections may require antibiotics
- Antihistamines may be needed if caused by allergies
- Aches and fever: Take Acetaminophen (Tylenol) or Ibuprofen (Motrin)
- Nasal Congestion:
  - Oral or nasal decongestants - over the counter or by prescription
  - Saline nasal spray
  - Increase humidity (steamy showers, humidifier, pan of water on radiator, etc)
- Apply moist heat by holding a warm, wet towel against your face
- Sip hot liquids & drink plenty of fluids: Avoid caffeine and alcohol
- Rest - lie on side or propped up for increased comfort
- Eat well balanced meals
- Avoid smoking or rooms with smoke

### SEEK MEDICAL CARE IF:

- Symptoms don't improve after 7 days
  - Fever > 100

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