Consult health care personnel:

- If symptoms do not improve in 7-10 days.
- If symptoms worsen or new symptoms develop.
- If you have questions or are unsure of what to do.

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What is it?

Sinusitis is an inflammation of the lining of the paranasal sinuses that is caused by viral, allergic, or bacterial factors that result in blockage of normal sinus drainage.

What are the symptoms?

Commonly:
- Nasal discharge that may be clear or yellowish. Yellow drainage is common with viruses and does not indicate the need for antibiotics
- Post nasal drip that creates throat irritation and cough
- Fullness, pressure, tenderness, or ache behind eyes
- Symptoms that last 2 weeks or longer

Sometimes:
- Toothache-like pain
- Swelling around eyes or nasal area
- Fever

How is it treated?

Decrease sinus congestion:
- Decongestants to reduce stuffiness by promoting sinus drainage
- Nasal sprays to reduce stuffiness. Although nasal sprays work quickly and effectively, they should not be used for longer than 2-3 days to avoid a "rebound effect" and increased congestion.
- Plain, normal saline nasal spray to increase moisture.

Decrease fever and pain:
- Ibuprofen or acetaminophen every 4-6 hours as needed unless your health care provider advises against taking one of these medications.

- Because ibuprofen has anti-inflammatory properties, it might provide increased pain relief by decreasing inflammation of the lining of the paranasal sinuses.

If sinusitis is caused by bacteria, it might need to be treated with an antibiotic.

- Take the prescribed antibiotic as instructed. Continue taking the antibiotic for the full number of days that it is prescribed even after your symptoms improve.

What can you do?

- Increase fluid intake to help liquify thick secretions and reduce fever. Drink 8 glasses of clear fluid per day.
- Use steam, humidifier, or a cool mist vaporizer to reduce nasal stuffiness. Take hot showers and stand in the steam for several minutes.
- Rinse inside your nose with salt water to remove extra mucus. Use an over-the-counter nasal saline rinse. Squirt the rinse, using the provided squeeze bottle, into each side of your nose 3 or 4 times a day.
- Apply a warm moist compress over sinus areas 4 times a day for 10-15 minutes to decrease pain and reduce congestion.
- Gargle with warm salt water (1/2 teaspoon of salt in 1 cup of warm water) four times a day.
- Practice good hygiene by washing your hands frequently and properly disposing of facial tissues.
- If you have any questions or concerns about your antibiotic treatment, consult your health care provider.