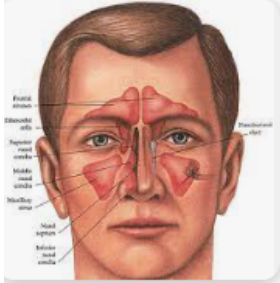


How to Manage Sinus Infections



Sinusitis is when fluid builds up in the air-filled spaces within the facial bones. Viruses cause most sinusitis, but bacteria can occasionally cause sinus infections too. ¹

Acute *viral* sinusitis lasts fewer than 10 days. Early bacterial sinusitis in an otherwise healthy person will usually resolve without antibiotics.

Bottom line: you can treat most sinus infections at home. Symptoms improve with saline sinus irrigation with or without 3 days of nasal decongestant spray.

Effective home remedies for sinusitis:

1. **Decongestant nasal spray** (oxymetazoline) provides short term relief when used twice daily for up to 3 days.



Warning: Using oxymetazoline spray for more than 3 days will make nasal stuffiness last longer by making you become dependent on it. *Do not use oxymetazoline for more than 3 days!*

2. Perform nasal saline rinses at least twice a day. This is comfortable and safe so long as saline is:

- a. The right **concentration**, ¼ teaspoon of ordinary table salt dissolved in 8- ounces of distilled water,
- b. The right **temperature**, feels warm but not hot on the inside of your wrist,
- c. Made with clean and safe **distilled water** which is inexpensive and available at most pharmacies and grocery stores.



Tap water and spring water are not clean enough and may contain **dangerous microorganisms**. *Use only distilled water!*



Distilled water and table salt

3. How to perform nasal saline rinses:

- a. fill the rinse bottle with 8-ounces distilled water,
- b. heat in microwave for 10-15 seconds then check to ensure it is no hotter than body temperature.
- c. Add ¼ teaspoon ordinary table salt and shake well.
- d. Bend over a sink and gently squeeze the bottle to irrigate one side of the nose with ½ the bottle contents. The stream of water will flow out from the other side of your nose.
- e. Repeat on the other side.
- f. If you feel water going down the back of your throat, bend over farther or close off the back of your throat by making the sound “Kah.”



Nasal Saline Rinse Bottle

¹ <https://www.cdc.gov/antibiotic-use/sinus-infection.html>

When to See Your Healthcare Practitioner

Sinus infections lasting more than 10 days may need treatment with a 5–10-day course of antibiotic. You should see your health care provider if:



- you are not improving after 10 days,
- have a temperature greater than 100.5°F or 38.5°C lasting more than 3 days,
- or when feeling much worse after you had started to feel better.

When is it Chronic Sinusitis?

You may have chronic sinusitis if the following symptoms last longer than **12 weeks**:

- Thick nasal drainage
- Nasal obstruction
- Facial pain or pressure
- Decreased sense of smell

Make an appointment to see your primary care provider if this happens to you.²



² <https://thecurbsiders.com/podcast/239>