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# Sinus Infection

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# Sinus Infection

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- Acute sinusitis can last up to 4 weeks and rarely, poses a significant health risk, and is one of the most common reasons for visits to the doctor.
- Chronic, recurrent sinusitis can be a very frustrating condition for both the patient and the doctor.
- SYMPTOMS:
  - Sinus pressure
  - Headache
  - Ear fullness
  - Nasal drainage/congestion
  - Tooth pain and bad breath



# Causes of Sinus Infection

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- Mostly caused by Viruses and a minority are Bacterial
- Rhinovirus, Coronavirus, adenovirus, parainfluenza virus and influenza virus
- *S pneumoniae*, H influenza, *Moraxella catarrhalis*, *S. aureus*



# Diagnoses of Sinus Infection

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- POSSIBLY BACTERIAL:
- Infection following a cold
- Facial pain or pressure when bending over
- Tooth ache
- Bad breath
- Thick green mucus
- Plugged nose
- Acute < 4 weeks
- Chronic > 4 weeks
- Imaging (CT scan) is only indicated if it's a hospital infection or complications are suspected (orbital, intracranial or bony involvement) which would also warrant a referral to ENT.



# Treatment of Sinus Infection

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- Antibiotics: if symptoms do not improve after 7 days or if they get worse after first improving
- Severe symptoms or fever > 101
- Facial swelling
- Immunocompromised patient
- Fluid intake and sleep!!!
- Tylenol and Ibuprofen
- Antihistamines
- Netty Pot, saline sinus rinse kits, steam therapy, cough drops or vapor rubs.
- Mucinex - Delsym, - Robitussin DM  
- Alka Seltzer Plus, Pseudafed
- Nasal steroids

