

SINUS INFECTION

What is a Sinus Infection?

A sinus infection is a bacterial infection of one of the seven sinuses that normally drain into the nose. Sinus congestion can occur without an infection if one of the sinus openings becomes blocked from a cold or hay fever. It is normal to have sinus congestion from a cold for up to 14 days. If congestion and headache last longer, a sinus infection may be present.

Symptoms:

- 1) pain and pressure above the eyebrow, behind the eye, or over the cheekbone
- 2) yellow or green nasal discharge
- 3) postnasal drip (feeling of something dripping down the back of your throat)
- 4) fever
- 5) bad breath
- 6) chronic cough

Treatment for Sinus Infection

- 1) Antibiotic medicine to kill the bacteria. It is very important that you finish the antibiotic to prevent the infection coming back.
- 2) Tylenol or Ibuprofen for fever and pain relief.

Sinus infections are not contagious but the colds that usually cause them are.

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Patient Education Code
URI-HM UPPER RESPIRATORY TRACT INFECTION
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