

Acute Sinusitis

What Is a Sinus Infection or “Acute Sinusitis”?

- A sinus infection is when your sinuses swell, which can make you feel sick. It can cause—
 - A stuffy nose
 - Yellow, green, or clear mucus nasal drainage
 - Fever
 - Headache
 - Pain or pressure in your ear, face, or upper teeth
- Viruses cause almost all (98 percent) sinus infections.



What Should I Do To Feel Better?

- There is no specific treatment for a viral sinus infection, but treating the symptoms can help you feel better as your body clears the infection.
- Take pain medicines such as acetaminophen (commonly known as Tylenol®) or ibuprofen (commonly known as Advil® or Motrin®). Store brands are just as good as name brands. Follow the instructions on the package.
- Use saline (saltwater) irrigation such as in a spray bottle or a neti pot.
- Take decongestants if you are older than 12 years of age, if advised by your clinician.
- If your clinician is concerned that you may have bacterial sinusitis and advises you to take an antibiotic, take antibiotics as recommended.

When Will I Feel Better?

- Most sinus infections last 7 to 10 days.

When Should I Contact My Clinician?

- Contact your clinician if—
 - You have a fever of over 102 degrees Fahrenheit that does not get better with medicine.
 - You have been getting worse over the course of 3 days.
 - Your symptoms get better and then worse.
 - You do not feel better after 10 days.
 - Go to the emergency department if you develop severe headache, vision changes, confusion, or weakness on one side of the body, or other symptoms that concern you.

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