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CHRONIC SINUSITIS

Chronic sinusitis by definition is the presence of inflammation within the sinuses. Chronic sinusitis affects about 15% of the population each year. The exact cause of sinusitis is unknown, but it is felt that bacteria, viruses, fungi, bio-films, environmental allergy and genetics all play some role. The key to treatment is resolving the inflammation and allowing the sinuses to drain through the natural drainage paths. The outlined medical therapy is approximately 67% effective.

Nasal Sprays:

1. Afrin 12 hour nasal spray:

2 sprays each nostril twice per day for 7 days in a row; then do not use for 7 days in a row; then use again for 7 days in a row; then stop and do not use any more. Always use the Afrin spray prior to your nasal steroid spray. Remember to aim all sprays toward the corner of your eye for best results.

2. Nasal steroid spray:

2 sprays each nostril twice per day until you are seen back in clinic. Do not stop using the nasal steroid spray. Remember to use the nasal steroid AFTER the afrin spray if you are in a 7 day period where afrin is being used.

Antibiotics:

Take antibiotic as directed. Then length of use of antibiotic will typically be between 14 and 28 days depending on the antibiotic. Generally take antibiotics with food. Active yogurt typically helps. Females may develop yeast infections with this length of an antibiotic. If that is the case, please contact the office.

Oral Steroids:

Take the oral steroids in the morning. The dose will get smaller every 3 days. Typical side effects can include upset stomach, heightened awareness or anxiety. Males may experience testicular itching and females may experience increased water retention. If you experience joint pain with use of the steroid-call the office immediately as this may represent a very rare side effect of the medication.

Follow Up:

Typical follow up will be in 4-6 weeks. The only medication you will be on at that time is your nasal steroid spray. A follow up exam with flexible fiberoptic examination or CT scan of the sinuses may be ordered.

As always call if there are any questions: 815-758-8106