

Sinusitis

More commonly referred to as a sinus infection, sinusitis is inflammation and usually infection of the sinuses. Our sinuses are air spaces within the bones of the face surrounding the nose. The frontal sinuses are located in the area near the eyebrows; the maxillary sinuses are located in the cheekbones; the ethmoid and sphenoid sinuses are between the eyes.

Sinusitis can be caused by infection with viruses and bacteria, or a combination of both in some cases. Generally, someone with a cold also has inflammation of the sinuses. This is usually a viral sinusitis. Allergies can lead a person to develop sinusitis. When the nasal congestion associated with a common cold or allergies doesn't allow the sinuses to drain properly, bacteria can become trapped inside the sinuses, leading to bacterial sinusitis.

Symptoms of sinusitis including the following: a stuffy or runny nose with a daytime cough that lasts for 10-14 days or longer without improvement; persistent dull pain or swelling around the eyes; tenderness or pain in or around the cheekbones; pressure in your head, especially the forehead; a headache when you awake in the morning or when bending over; bad breath, even after brushing your teeth; pain in the upper teeth; fever greater than 102 degrees. Some people with a sinus infection may have a dry cough and find it hard to sleep. Others may have an upset stomach or feel nauseated.

Treatment of sinusitis is directed at providing symptom relief. A decongestant may help with nasal and sinus congestion and dry up offending mucous. An antihistamine may also help, especially if allergies are a contributing factor. Nasal irrigation with saline can help relieve acute nasal congestion and allow for better nasal airflow. Cough suppressants can take the edge off of a nagging cough from post-nasal drainage. You can take acetaminophen or ibuprofen to help relieve pain and inflammation in the sinuses and nose. A humidifier or vaporizer may soothe the inflamed sinuses and relieve sore throat. Warm compresses can alleviate facial pressure/pain. Antibiotics may help a bacterial sinus infection resolve more quickly.

When to call:

- If your child has cold symptoms lasting 1-2 weeks or longer without improvement.
- If your child has a fever greater than 102 degrees and appears ill.

If your child is being treated for a sinus infection and symptoms are not improving by the end of the course of prescribed treatment.



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