

Acute sinusitis approach

If you are here for nasal congestion, headache, plugged or painful ears, postnasal drip, phlegm in the throat, and cough you have acute sinusitis. I will give you medications but the bottom part you will have to read carefully and follow through to avoid complications.

Acute Sinusitis at present became a very common problem usually triggered by viruses even if the patient does not feel cold symptoms before it. If there are symptoms of facial pain, headache, earache plugs ears, postnasal drip, cough, malaise, and general sickness then you should see me to start taking antibiotics. However treatment with antibiotics will only kill bacteria but the irritated sinuses will keep producing mucus that will create multiple symptoms: **facial tenderness, headache, plugged ears, postnasal drip, a feeling of phlegm in the throat, and cough**. That means you have to continue treatment until your sinuses are clear of mucus and you have no symptoms.

The treatment of acute sinusitis must include regular faithful daily sinus cleansing with NeilMed or other products, you have to clean sinuses on each side so make sure that you close one nostril when you clean one side and the other nostril for the other side. Use children's products that they can tolerate making sure you clean their sinuses properly. Cleansing should follow by the use of cortisone spray that I will prescribe to you. It has to be used with the head kept down pointing the spray into the nostril up to the top of the head and spraying ones to each nostril in the morning and evening after cleansing.

Unfortunately, this process is taking time and illness does not resolve fast, it may take only two weeks to feel better and then you have to continue the process until there's no phlegm in the throat, nasal congestion, plugged ears, and cough. It may take from one to four months. Use Moisturizing nasal gel or spray if nose bleeding develops. Avoid secondhand smoking.

Thank you.

Sincerely,

DR. TETYANA HURMATOV