

## **SINUS INFECTION**

- Most common cause of sinus problems is allergies and viruses
- When the sinuses don't drain because of congestion bacterial infection can set in
- The most important thing about sinuses is to keep them draining and prevent mucus from collecting  
To do that you should use saline rinse (Neti Pot), take something to break up the mucus (guaifenesin) and decongestant (pseudoephedrine). You have to think about your sinuses as swimming pools, If you do not change the water it gets polluted with bacteria and algae. Flowing rivers are harder to pollute.
- Most sinus infection run their course and get better by themselves
- Sometimes you need antibiotics which only kill bacteria and steroids to reduce the inflammation
- In rare cases you need to see an ENT (Ear, nose and throat) physician to clean the sinuses