



Understanding Your Sinus Symptoms

A Simple Guide to Why Symptoms May Persist, What You Can Do, and When an ENT Evaluation May Be Helpful Prepared for Patients of CT ENT

Norwalk & Greenwich



5-Minute Read

THANK YOU!

Thank you for completing the CT ENT Sinus Quiz.

Understanding your symptoms is the first step toward finding the care that's right for you. This guide will help explain why sinus symptoms may continue or return, what you can do today, and when speaking with an ENT specialist may be helpful.

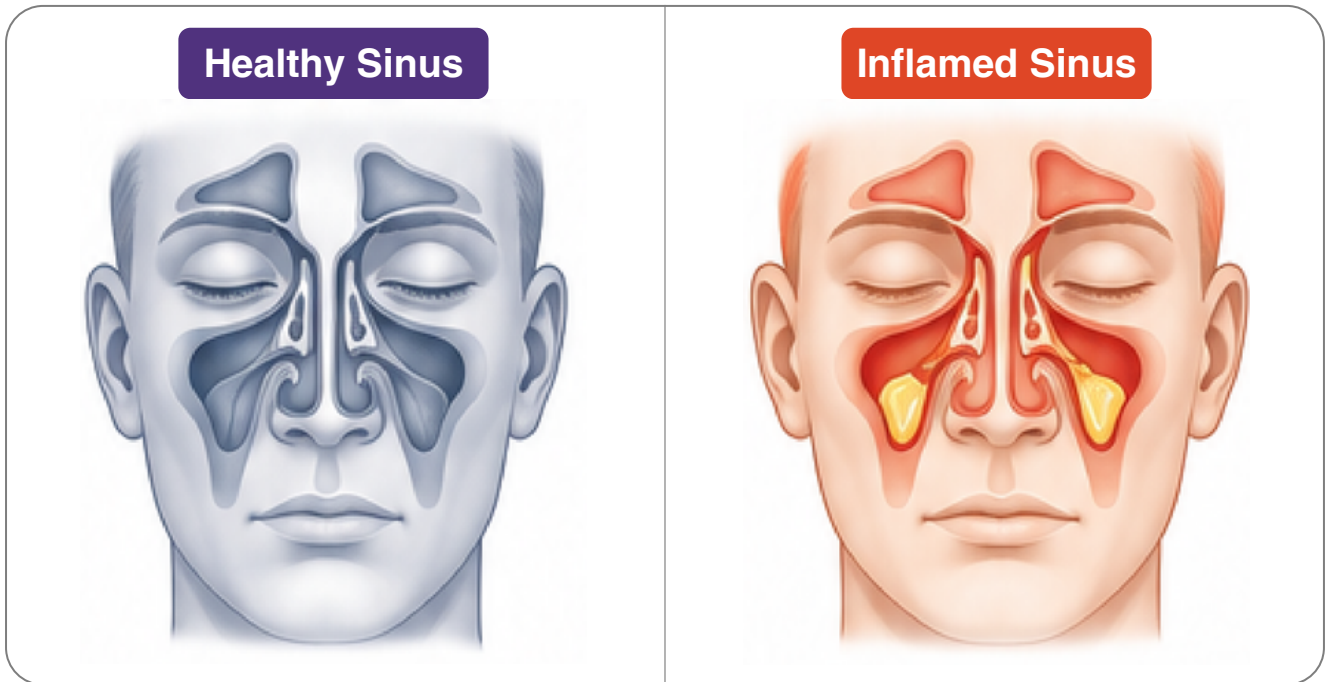
Whether your symptoms are new or have been bothering you for some time, our goal is to provide clear, easy-to-understand information that helps you feel informed and prepared.

This guide is for educational purposes only and is not intended to diagnose a condition or replace an evaluation by a qualified healthcare professional.

Why Sinus Symptoms May Persist

When the tissues inside the nose and sinuses become swollen, normal airflow and drainage may be affected. This can contribute to congestion, pressure, drainage, reduced smell, or difficulty breathing through the nose.

Many different conditions can cause similar symptoms, which is why it isn't always easy to determine the underlying cause based on symptoms alone.



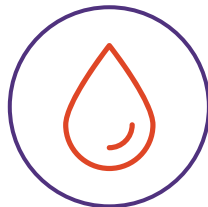
COMMON SYMPTOMS



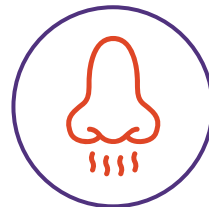
Nasal
Congestion



Facial
Pressure



Postnasal Drip
or Drainage



Reduced
Sense of Smell



Difficulty Breathing
Through the Nose



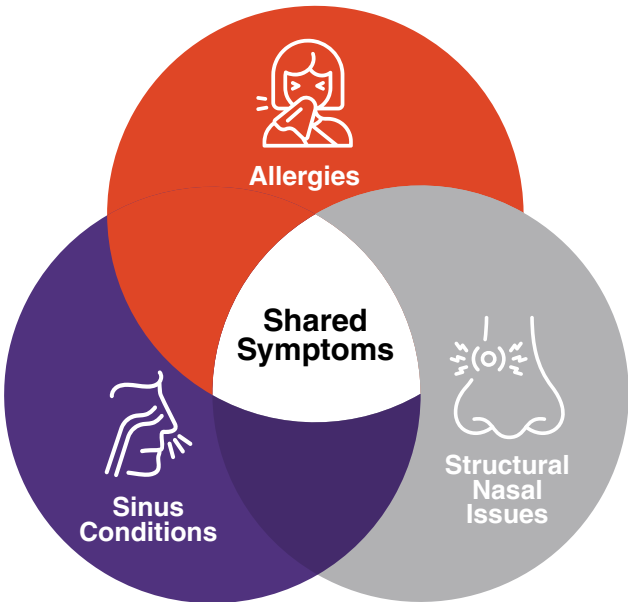
Did You Know?

Symptoms that continue or repeatedly return don't always mean you have the same condition each time. An evaluation may help identify what's contributing to your symptoms.

Allergies...or Something Else?

More Commonly Associated with Allergies	May Warrant Evaluation for Other Causes
✓ Sneezing ✓ Itchy or watery eyes ✓ Clear drainage ✓ Symptoms triggered by pollen, pets, dust, or mold ✓ Seasonal patterns	✓ Facial pressure that repeatedly returns ✓ Thick drainage ✓ Reduced sense of smell ✓ Persistent nasal obstruction ✓ Symptoms that continue or repeatedly return ✓ Limited improvement with allergy medications

Remember



This comparison cannot determine the cause of your symptoms, but it may help you recognize patterns to discuss with a healthcare professional.



Did You Know?

Some people experience allergies and another nasal condition at the same time.

Symptoms often overlap.

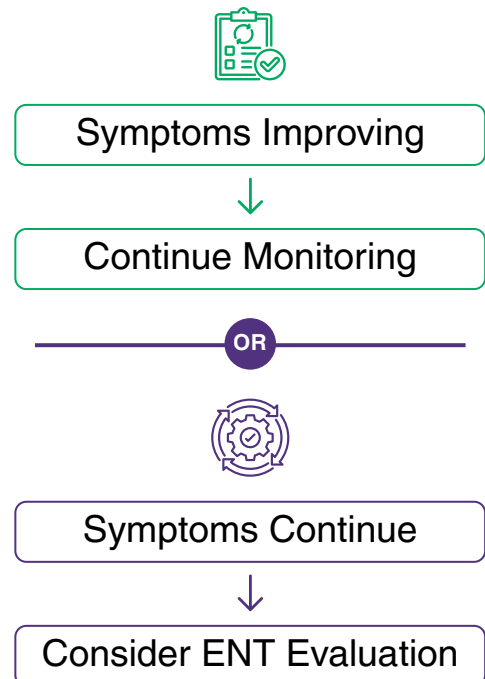
When Should I Consider Seeing an ENT?

If your symptoms continue despite treatment or begin affecting your daily life, it may be helpful to schedule an evaluation with an ENT specialist.

You may want to consider an evaluation if:

- ✓ Symptoms continue or repeatedly return
- ✓ Breathing through the nose remains difficult
- ✓ Your sense of smell is reduced
- ✓ Symptoms affect sleep or daily activities
- ✓ Treatment provides only temporary relief
- ✓ Symptoms seem different from your usual allergy pattern

Decision pathway



Reassurance

- ✓ An ENT evaluation is designed to better understand your symptoms.
- ✓ It does not automatically mean you will need a procedure or surgery.
- ✓ Many patients can be treated with conservative options depending on their diagnosis and individual needs.



Seek Prompt Medical Care

Contact a healthcare provider promptly if you experience:



Severe swelling around the eyes



Vision changes



Confusion



Neck stiffness



A severe headache



Other sudden or concerning symptoms

What Happens During an ENT Evaluation?

Knowing what to expect can help you feel more comfortable before your visit.



Discuss Your Symptoms and Medical History

You'll talk about your symptoms, how long they've been present, treatments you've already tried, and any questions you may have.



Examine the Ears, Nose, and Throat

Your ENT will perform an examination to better understand what may be contributing to your symptoms.



Nasal Endoscopy

Nasal endoscopy may be used during your evaluation to allow your ENT to view areas inside the nose that aren't visible during a routine examination.



Imaging & Additional Testing

Imaging may be part of your evaluation to help your ENT better understand your sinus anatomy and clinical findings. Additional testing may also be recommended based on your individual symptoms.



Review the Findings and Discuss Next Steps

Your ENT will explain what was found and discuss treatment options that may be appropriate based on your individual needs.

Treatment Pathway



Understand the Cause



Begin with Appropriate Care



Consider Additional Options Only When Clinically Appropriate

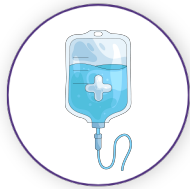
What Can I Do Next?

FIVE THINGS YOU CAN DO TODAY



Stay Appropriately Hydrated

Drinking enough fluids may help keep mucus thinner and easier to clear.



Consider Saline Irrigation

Saline rinses may help remove mucus and irritants from the nasal passages.

✓ Always use distilled, sterile, or previously boiled and cooled water.



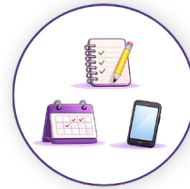
Take Medications as Directed

Use medications according to your healthcare provider's instructions or the product label.



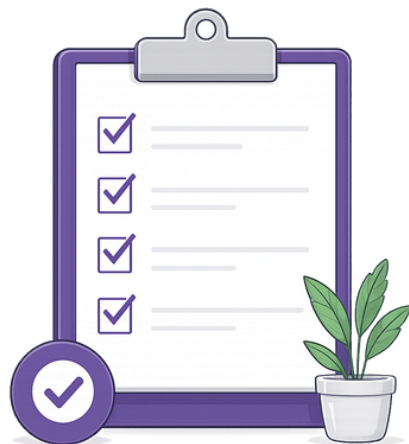
Identify Possible Triggers

Notice whether pollen, pets, dust, smoke, weather changes, or other environmental factors seem to worsen your symptoms.



Track Your Symptoms

Keeping notes about your symptoms can help you and your healthcare provider better understand what you're experiencing.



PREPARE FOR A PRODUCTIVE APPOINTMENT

Before your visit, consider writing down:

- ☐ When your symptoms began
- ☐ How often they return
- ☐ Treatments you've already tried
- ☐ Whether symptoms affect sleep or your sense of smell
- ☐ Questions you'd like to ask

Schedule an ENT Evaluation

If your symptoms continue or repeatedly return, an evaluation may help identify the underlying cause and determine whether additional care may be appropriate.

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