



Discharge Instructions Of Acute Sinusitis

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Acute sinusitis:

It is an inflammation and swelling of the lining membranes of the sinuses. which leads to the accumulating of mucus and blocks the mucus from draining from the nose.

Discharge instructions:

1. Take pain reliever as prescribed by your doctor (be careful not to exceed the correct dose).
2. Drink water more often.
3. Get plenty of rest.
4. Don't smoke.
5. Avoid exposure to irritants such as cigarettes, heavy perfumes, or dust.
6. Elevate the head while sleeping.
7. In case of bacterial infection, the doctor will prescribe you antibiotic; make sure you finish the course, even though the symptoms might go in a few days; if the full course is not taken, this can lead to further problems.
8. Keep a list of medication and bring it on the follow-up visit or in case of coming back to the emergency room.
9. Using saline solution nasal helps to clean the nose and relieve congestion .
10. Inhaling steam also helps reduce nasal congestion, as well as using warm compresses around the eyes and nose .
11. Avoid very cold weather because it increases nasal congestion .

Prevention & avoid the spreading of the infection:

1. Stay away from any ill people.
2. Wash your hands often.
3. Don't share personal items or food.
4. Cough or sneeze into a tissue, or into your elbow.
5. Keep yourself away while unwell.
6. Before leaving the house, use hand sanitizer .

Come to the emergency room in case of:

1. Fever with stiff neck and severe headache.
2. Eyelids are red, swollen, and painful.
3. Cannot open eyes.
4. Vision changes, such as double vision.
5. Eyeball bulges out or cannot move your eyes.
6. More sleepy than normal, or you notice changes in your ability to think, move, or talk.
7. Swelling of your forehead or scalp.

Follow up with the outpatient clinic (.....) within (.....) in case of:

1. Persistent high temperature.
2. Increasing pain despite taking medication.
3. Have nausea and vomiting.
4. Nose bleeding.
5. Symptoms get worse.

فقيه.

مجموعة فقيه للرعاية الصحية
Fakeeh Care Group

