

Discharge Instructions Of Acute Sinusitis

Acute sinusitis:

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

Discharge instructions:

1. Take pain reliever as prescribed by your doctor (be carefully not to exceeded the correct dose)
2. Drink water more often
3. Get plenty of rest
4. Don't smoke
5. Avoid exposure to irritants such as cigarette, 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 finished the course, even though the symptoms might go in few days, if the full course 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 emergency room

Prevention & avoid the spreading of the infection:

1. Stay away from any ill people
2. Wash your hand often
3. Don't share personal items or food
4. Cough or sneeze into tissue, or into elbow
5. Keep yourself away while unwell

Come to emergency room in case of:

1. Fever with stiff neck and severe headache
2. Eyelid 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