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Sinus Infection Instructions

1. Take the prescribed *antibiotics* (often is Amoxicillin or Augmentin) as instructed.
2. Take an *antihistamine*:
Brand name: Allegra; Take one tablet two times a day.
Read packaging for further instructions.
This is available over-the-counter, without a prescription.
Not for long-term use.
3. Use a *nasal spray*:
Brand name: Neo-Synephrine; Use two sprays in each nostril.
Read packaging for further instructions.
This is available over-the-counter, without a prescription.
Not for long-term use.
4. If no improvement in 7 days, contact your physician for an exam, change of antibiotic, and/or referral to ENT specialist.

Other tips:

- Drink plenty of water.
- Thin the mucus. Use an expectorant containing guaifenesin (such as Robitussin).
- Use saline (salt water) nasal sprays.
- Use a pain medication that reduces inflammation. Ibuprofen (such as Motrin) and aspirin do; acetaminophen (such as Tylenol) don't.

- Don't smoke when the sinuses are infected.
- Avoid drinking alcohol.
- Try keeping air moist with a humidifier.