

Self-Care for Sinusitis



Sinusitis can often be managed with self-care. Self-care can keep sinuses moist and make you feel more comfortable. Remember to follow your healthcare provider's instructions closely. This can make a big difference in getting your sinus problem under control.

Drink fluids

Drinking extra fluids helps thin your mucus. This lets it drain from your sinuses more easily. Have a glass of water every hour or 2. A humidifier helps in much the same way. Fluids can also offset the drying effects of certain medicines. If you use a humidifier, follow the product maker's instructions on how to use it. Clean it on a regular schedule.



Use saltwater rinses

Rinses help keep your sinuses and nose moist. Mix a teaspoon of salt in 8 ounces of fresh, warm water. Use a bulb syringe to gently squirt the water into your nose a few times a day. You can also buy ready-made saline nasal sprays.

Apply hot or cold packs

Applying warm moist compresses over the nose and forehead may make you feel more comfortable. Breathing steam from a bowl of hot water or shower may also help. Some people also find ice packs effective for relieving pain.

Medicines

Your healthcare provider may prescribe medicines to help treat your sinusitis. If you have a bacterial infection, antibiotics are effective treatments. If you are prescribed antibiotics, take all pills on schedule until they are gone, even if you feel better. Decongestants help relieve swelling. Use decongestant sprays for short periods only under the direction of your healthcare provider. If you have allergies, your healthcare provider may prescribe medicines to help relieve them.

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