

Name: [REDACTED] | DOB: [REDACTED] | MRN: [REDACTED] 9 | PCP: MICHAEL CADA, MD

Telemedicine - Apr [REDACTED], 2024

with [REDACTED] APNP at Froedtert and Medical College of Wisconsin FastCare Clinic,Virtual

After Visit Summary®

AFTER VISIT SUMMARY



[REDACTED] DoB [REDACTED]
[REDACTED] 4 [REDACTED] /2024 TBD [REDACTED] Froedtert and Medical College of Wisconsin FastCare Clinic,Virtual 262-532-1102

Instructions from Cassandra Daniels, APNP



Your medications have changed today
See your updated medication list for details.



Read the attached information
Sinus Infection Adult (English)



Pick up these medications at WALGREENS DRUG STORE #02 [REDACTED] -

[REDACTED] ROAD

• amoxicillin/clavulanate
Your estimated payment per fill: \$6

Address: [REDACTED]
Phone: [REDACTED]

Today's Visit



You saw [REDACTED], APNP on [REDACTED] April [REDACTED] 2024. The following issue was addressed: Bacterial sinusitis.

What's Next

JAN Established Patient with Michael Cada, MD Internal Medicine-Pediatrics,


2-5 Friday January 8:30 AM (Arrive by 8:15 AM)

Springdale Health Center
21700 INTERTECH DR
BROOKFIELD WI 53045
262-532-8300


What You Need to Know About Lab and Test Results

- If you had labs and/or tests done, you will receive your results via MyChart. You can access MyChart through the Froedtert & MCW mobile app or online at froedtert.com/mychart.
- To help you stay as informed as possible, we send results when they are final, which may be before your provider has reviewed them. Your provider may wait for more tests or information before adding comments or contacting you directly. Please ask your provider when you should expect to hear from them.
- You can choose to view your results as soon as they are sent or wait to discuss them with your provider – whatever makes you most comfortable.

Changes to Your Medication List

 **Accurate as of April 2024 11:59 PM.**
If you have any questions, ask your nurse or doctor.

START taking these medications



amoxicillin/clavulanate 875-125 mg tablet
Commonly known as: AUGMENTIN

Take 1 tablet by mouth 2 times daily for 7 days.

CONTINUE taking these medications


ibuprofen 200 MG tablet
Commonly known as: MOTRIN

Take 200 mg by mouth 4 times daily as needed.

triamcinolone acetonide 0.1 % cream
Commonly known as: KENALOG

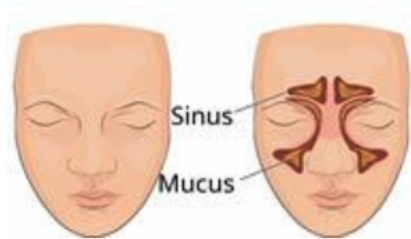
as needed.

STOP taking these medications



cetirizine 10 MG tablet
Commonly known as: ZYRTEC

Sinus Infection, Adult



Sinusitis, is inflammation of your sinuses. Sinuses are hollow spaces in the bones around your face. Your sinuses are located:

- Around your eyes.
- In the middle of your forehead.
- Behind your nose.
- In your cheekbones.

Mucus normally drains out of your sinuses. When your nasal tissues become inflamed or swollen, mucus can become trapped or blocked. This allows bacteria, viruses, and fungi to grow, which leads to infection. Most infections of the sinuses are caused by a virus.

A sinus infection can develop quickly. It can last for up to 4 weeks (*acute*) or for more than 12 weeks (*chronic*). A sinus infection often develops after a cold.

What are the causes?

This condition is caused by anything that creates swelling in the sinuses or stops mucus from draining. This includes:

- Allergies.
- Asthma.
- Infection from bacteria or viruses.
- Deformities or blockages in your nose or sinuses.
- Abnormal growths in the nose (*nasal polyps*).
- Pollutants, such as chemicals or irritants in the air.
- Infection from fungi. This is rare.

What increases the risk?

You are more likely to develop this condition if you:

- Have a weak body defense system (*immune system*).
- Do a lot of swimming or diving.
- Overuse nasal sprays.
- Smoke.

What are the signs or symptoms?

The main symptoms of this condition are pain and a feeling of pressure around the affected sinuses. Other symptoms include:

- Stuffy nose or congestion that makes it difficult to breathe through your nose.

- Thick yellow or greenish drainage from your nose.
- Tenderness, swelling, and warmth over the affected sinuses.
- A cough that may get worse at night.
- Decreased sense of smell and taste.
- Extra mucus that collects in the throat or the back of the nose (*postnasal drip*) causing a sore throat or bad breath.
- Tiredness (*fatigue*).
- Fever.

How is this diagnosed?

This condition is diagnosed based on:

- Your symptoms.
- Your medical history.
- A physical exam.
- Tests to find out if your condition is acute or chronic. This may include:
 - Checking your nose for nasal polyps.
 - Viewing your sinuses using a device that has a light (*endoscope*).
 - Testing for allergies or bacteria.
 - Imaging tests, such as an MRI or CT scan.

In rare cases, a bone biopsy may be done to rule out more serious types of fungal sinus disease.

How is this treated?

Treatment for a sinus infection depends on the cause and whether your condition is chronic or acute.

- If caused by a virus, your symptoms should go away on their own within 10 days. You may be given medicines to relieve symptoms. They include:
 - Medicines that shrink swollen nasal passages (*decongestants*).
 - A spray that eases inflammation of the nostrils (*topical intranasal corticosteroids*).
 - Rinses that help get rid of thick mucus in your nose (*nasal saline washes*).
 - Medicines that treat allergies (*antihistamines*).
 - Over-the-counter pain relievers.
- If caused by bacteria, your health care provider may recommend waiting to see if your symptoms improve. Most bacterial infections will get better without antibiotic medicine. You may be given antibiotics if you have:
 - A severe infection.
 - A weak immune system.
- If caused by narrow nasal passages or nasal polyps, surgery may be needed.

Follow these instructions at home:

Medicines

- Take, use, or apply over-the-counter and prescription medicines only as told by your health care provider. These may include nasal sprays.
- If you were prescribed an antibiotic medicine, take it as told by your health care provider. **Do not** stop taking the antibiotic even if you start to feel better.

Hydrate and humidify



- Drink enough fluid to keep your urine pale yellow. Staying hydrated will help to thin your mucus.
- Use a cool mist humidifier to keep the humidity level in your home above 50%.
- Inhale steam for 10–15 minutes, 3–4 times a day, or as told by your health care provider. You can do this in the bathroom while a hot shower is running.
- Limit your exposure to cool or dry air.

Rest

- Rest as much as possible.
- Sleep with your head raised (*elevated*).
- Make sure you get enough sleep each night.

General instructions



- Apply a warm, moist washcloth to your face 3–4 times a day or as told by your health care provider. This will help with discomfort.
- Use nasal saline washes as often as told by your health care provider.
- Wash your hands often with soap and water to reduce your exposure to germs. If soap and water are not available, use hand sanitizer.
- **Do not** smoke. Avoid being around people who are smoking (*secondhand smoke*).
- Keep all follow-up visits. This is important.

Contact a health care provider if:

- You have a fever.
- Your symptoms get worse.
- Your symptoms do not improve within 10 days.

Get help right away if:

- You have a severe headache.
- You have persistent vomiting.
- You have severe pain or swelling around your face or eyes.

- You have vision problems.
- You develop confusion.
- Your neck is stiff.
- You have trouble breathing.

These symptoms may be an emergency. Get help right away. Call 911.

- **Do not wait to see if the symptoms will go away.**
- **Do not drive yourself to the hospital.**

Summary

- A sinus infection is soreness and inflammation of your sinuses. Sinuses are hollow spaces in the bones around your face.
- This condition is caused by nasal tissues that become inflamed or swollen. The swelling traps or blocks the flow of mucus. This allows bacteria, viruses, and fungi to grow, which leads to infection.
- If you were prescribed an antibiotic medicine, take it as told by your health care provider. **Do not** stop taking the antibiotic even if you start to feel better.
- Keep all follow-up visits. This is important.

This information is not intended to replace advice given to you by your health care provider. Make sure you discuss any questions you have with your health care provider.

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Find Support for Your Health Goals in the Wellness Marketplace

During your visit, you may have discussed health goals with your doctor. The Froedtert & MCW health network partners with Vale Health to offer health and wellness products to support those goals. You can feel confident knowing that the products and resources available in the Wellness Marketplace are carefully vetted. Find wellness solutions at froedtert.valehealth.com, or scan the QR code for quick access.





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