

## INSTRUCTIONS FOR ACUTE SINUSITIS

1. Decongestants: Sudafed or generic pseudoephedrine 30-60 mg 3-4 times/day. Long acting formulas are ok to use. Use for 4 days, then as needed.

2. Mucus thinner (expectorants): Mucinex 1-2 twice a day to help the sinuses drain. Mucinex is over the counter. Doctor may prescribe PIMA or SSKI which are iodine based expectorants.

Note that you should avoid antihistamines at this time, since they can make the mucus thicker and harder to drain.

4. Nasal decongestant spray should be used for 3-4 days then intermittently as needed. Try and avoid using steadily more than 4 days because you could become dependant on it. We recommend **Nostrila**. Other choices include Afrin or Dristan Nasal Spray. Generic oxymetazoline is also available.

5. One of the most important treatments you should do is NASAL IRRIGATION (see other side of this sheet or next page if online.) Do this as often and as much as you can. A Grossan Nasal Irrigation machine is also very good to use. These are available online. Or just a Grossan nasal adaptor for your Water Pik is good. Adding some Colloidal Silver to the solution (1/2 - 1 tsp. per cup) may help destroy bacteria in the nasal passages.

6. Hot wet towels on the face can help relieve pain and congestion. They may help promote healing,..., too.

7. Deep tissue oil or Vicks VapoRub under the nose and on the chest may help.

8. For pain, use acetaminophen or ibuprofen or naproxyn as needed. Use up to 1000 mg of acetaminophen 4 times a day, 800 mg of ibuprofen 4 X a day, or 2 Aleve twice a day with food.

9. If your symptoms are unchanged with the above treatment, you may need an antibiotic for 5-60 days depending on severity, etc.

10. Steam your face. Long hot showers, hot water in the basin with a towel over your head, boiling water in a bowl with 2-3 drops of eucalyptus oil in it with a towel over your head, or one of those facial machines.

11. Drink 6-8 glasses of pure water daily.

12. You know you're getting better when your energy starts to increase, the mucus begins to clear, there is less pain and tenderness in your face, or your fever goes away. When you are doing nasal irrigation, the mucus may change from yellow or green to clear and that's a good sign.

Advanced Integrative Healthcare

William L. Epperly, MD, FAAFP

245 S. Gary Ave Bloomingdale, IL 60108

Tel. 630-893-9661 Fax 630-893-5665

[www.DrEpperly.com](http://www.DrEpperly.com)

doctorepperly@yahoo.com