

Dr Temp Patterson Discusses Common Causes of Sinus Infection and how to treat them

BURLEY, IDAHO, UNITED STATES, August 10, 2018 /EINPresswire.com/ -- Sinus infections are very common. You have four pairs of sinuses which are located behind, above, below and between your eyes... These sinuses are hollow, but if they become blocked and the mucus can't drain, they fill with fluid, causing sinusitis, or a sinus infection. Tapping the face with a finger near an infected sinus can be extremely painful.

The most common symptom of a sinus infection is a sinus headache: pressure and pain behind your cheekbones or around your eyes. Other symptoms include yellow- or green-colored nasal discharge, a foul taste in your mouth, and fever. Sinusitis can be acute (lasting less than a month), subacute (lasting up to three months), or chronic (lasting longer than three months). You can also have recurrent sinus infections, which occur several times a year.

Common Causes of Sinus Infection

[Dr. Temp Patterson Says](#) "sinus infections are caused by either viruses or bacteria, but they can be caused by fungi as well." Although sinusitis is a very common condition, some people are at higher risk of developing the infection. They include people who:

- Have nasal congestion from a cold or allergy
- Have asthma
- Have blocked drain ducts
- Have abnormalities in the nasal passages, such as nasal polyps or a deformity
- Have a weakened immune system
- Smoke

Sinus Infection Treatment at Home

It isn't possible for you to tell at home if sinusitis is caused by a bacteria, virus or fungus, but there are some steps you can take to help relieve sinus infections symptoms.

They include:

- Moisturizing the room air with a humidifier or vaporizer
- Increasing your fluid intake to ensure you are well hydrated
- Using saline sprays or nasal irrigations
- Using nasal spray decongestants for 2 or 3 days at the most
- Applying warm compresses to your face to help relieve pain and pressure
- Sleeping with your head elevated. If sleeping on a pile of pillows isn't comfortable, place blocks under the two legs at the head of your bed to elevate it.
- Taking over-the-counter pain relievers, such as ibuprofen or acetaminophen

When to See a Doctor for a Sinus Infection

[Acute sinusitis](#) often goes away on its own; however, there are times when you should see your doctor for sinus infection treatment if self-care doesn't work. You should see a doctor if you still

have sinusitis symptoms after a week or if they return more than a few times within a year. "You should also see a doctor as soon as possible if the infection worsens" [says Dr. Temp Patterson](#). Signs of a worsening sinus infection include:

Fever

Sinus symptoms persisting for more than one week

Increase in pain or the pain spreads

Over-the-counter pain medications do not relieve the pain

Increase in nasal discharge that has color

Who to See for a Sinus Infection

Most often, you would see your primary care physician or family doctor to be assessed for sinus infections. If you have chronic or recurrent sinus infections, your primary doctor may refer you to see a specialist, an otolaryngologist, often called an ear, nose, and throat (ENT) doctor. An otolaryngologist can determine why you have an infection and recommend treatment. Check with your insurance to see if you need a referral from your doctor before seeing a specialist.

Eric Ash

Web Presence, LLC

941-266-8620

[email us here](#)

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