

## PATIENT INFORMATION



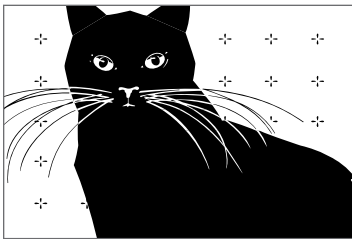
### FROM YOUR DOCTOR

# Clear those sinuses!

Your "cold that wouldn't go away" turned out to be a sinus infection. Here's what you need to do.

If your doctor has prescribed medication for your sinus symptoms, remember . . .

- 1 Follow the instructions on the bottle exactly.
- 2 Take *all* the pills. You will probably begin to feel much better in 2-3 days. But that doesn't mean your sinus infection is cured. *Don't* stop taking the medication! If you stop, you are very likely to get sick again.
- 3 If you don't start feeling better in a few days—or if you begin to feel worse—call your doctor. All antibiotics are not the same, and you may need a different one.



Here are things you can do to help ease the symptoms of sinusitis:

- 1 Use a vaporizer or humidifier in the bedroom.
- 2 Buy saline nasal drops in your pharmacy. Or make your own by dissolving  $\frac{1}{2}$  teaspoon of salt and  $\frac{1}{2}$  teaspoon of baking soda in 8 ounces of warm water. Ask your doctor or pharmacist about the best ways to use these nasal washes.
- 3 Don't take other nasal preparations unless your doctor recommends it. Antihistamines and decongestants may not help you at all.
- 4 Try to avoid anything—such as dust, animal hair, or pollen—that makes your symptoms worse.

**patient**  
**care**

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