

What is a Sinus Infection?

Nose congestion that won't go away? You could be suffering from sinusitis, also known as a sinus infection. Most sinus infections do not require antibiotics, but your doctor can determine whether you do. Read along to learn about the benefits of sinus surgery and risks of sinus surgery.

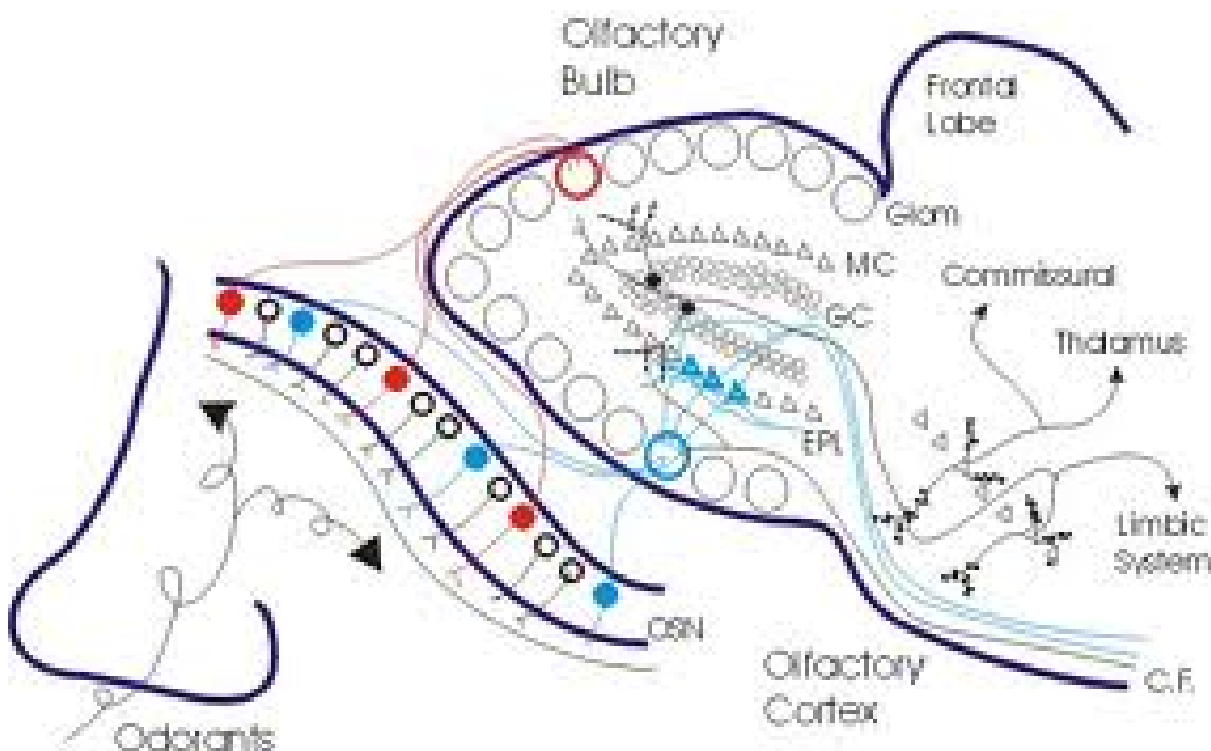
Sinus infections develop when fluid accumulates in the air-filled facial pockets (sinuses). Germs can flourish due to fluid buildup. Viruses cause most sinus infections, but bacteria can also cause some sinus infections.

Avoiding Sinus Infections

By trying to maintain your health and the health of those around you, such as:

- Sanitize your hands.
- Get recommended vaccinations, such as pneumococcal and flu vaccines.
- Stay away from people who are contagious with colds or other upper respiratory infections.
- Avoid smoking and breathing in smoke.
- To hydrate the air in your home, use a dependable humidifier.

Tips for Feeling Better



The following are some methods to relieve sinus pressure and pain:

- To help relieve sinus pressure, place a warm compress over your nose and forehead.
- Use a nasal spray of saline or a decongestant.
- Inhale steam from a shower or a bowl of hot water.
- Inquire with your doctor or pharmacist about over-the-counter medications that can improve your health. Always use over-the-counter medications as directed.

Treatment

Read along to find out more. What is sinus surgery? What is a rhinologist? Your doctor will ask about your symptoms and examine you to determine if you have a sinus infection. For many sinus infections, antibiotics are not necessary. Most sinus infections typically resolve independently without the need for antibiotics. Antibiotics won't help you if they aren't essential, and their side effects could still be harmful. Side effects of serious health issues can include rashes. These include severe allergic reactions, antibiotic-resistant infections, and C. diff. C. diff diarrhea can kill the colon.

Breathe Easier with Sinus Specialist Dr. Thomas S. Higgins

Dr. Thomas S. Higgins, MD, MSPH, offers a variety of treatment options for your ailment as a skilled ENT surgeon in Louisville, KY. Nose polyp surgery or otolaryngology consultations are available at his rhinology clinic. If you often have pain in your sinuses or have a deviated septum that has to be fixed, your ENT specialist can help you. As the president and chairman of the board of ENT Care Centers, Dr. Higgins is a doctor with Kentuckiana ENT, a division of ENT Care Centers. Visit him if you do not know when to see a rhinologist. He you tell if sinus surgery is necessary. If it is then he will tell you when is sinus surgery necessary.

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