

Sinus Medication: What are Your Options?

Being sick is no fun at all. And when you're down with a sinus infection, life can be doubly hard dealing with its symptoms. The most common symptom to deal with is having stuffy and runny nose. Combined with severe headaches, sometimes it can be very difficult to be able to concentrate on your daily task. Others may also experience post-nasal drip, facial pain, a sore throat and bad breath. More bad news is that when **sinusitis** attacks, the symptoms can be felt for weeks at a time. And also for some, it can even go on for months and keep on coming back.

- Fortunately, when it comes to these kinds of symptoms, there are lots of sinus medicines that you can take for relief.
- But what you need to take depends on what symptom you need to get rid of.
- To get rid of the infection once and for all would also need a sinus medication that targets the source of infection.
- Here are some information that you need to know regarding various sinus drugs.



Sinus Medication for your Sinusitis For quick relief from the signs of sinusitis, over the counter drugs will often be used. * Decongestants are helpful in opening up the any kind of obstruction in the sinuses and aid in correct drainage. * Pain relievers, such as medications, are effective if you are having **headaches** or any pain around the sinus areas. * Antihistamines are effective in controlling the allergic signs and symptoms. * If you have temperature, paracetamol in many cases are recommended.

Many people use over the counter sinus medications as these drugs are readily available in any drugstore even without prescription. However, their use needs to be with care when they can lead to experiencing adverse side effects. As an example, decongestants are known to increase blood pressure or result in insomnia, while antihistamines can cause drowsiness. Another important thing to note, over the counter sinus medications do not **cure sinusitis** as these drugs just offer temporary relief from the particular nasty signs.

- To get rid of the sinusitis permanently, it would be necessary to get drugs that specifically target and eliminate the infection.
- For access to these kinds of drugs, you will have to consult your doctor, identify the cause of an infection and get the right prescription.
- For bacterial infection, antibiotics in many cases are recommended.
- Anti-fungal drugs are used in the event that the culprit is fungus.
- For those with abnormal growths in the sinuses, corticosteroids can also be obtained.

“ Just like over the counter drugs, misuse of particular drugs can lead to adverse side effects just like thinning of the bones, immunity to be able to drug treatments and also increase risk of infection. This is why it is important to seek advice from your physician before utilization of any sinus medication. It is also important in order to take the sinus medication religiously and only as approved.

Alternative to Sinus Medication: Medicated Colonic irrigation Due to potential side effects, many people are looking for other options that are not only effective but safe as well. If you are one of those people, medicated irrigation can be one of your options. Using this form of treatment, the nasal passages are irrigated with saline and medicated solution to moisturize the sinuses and wash out excess dirt and unwanted particles. This also helps the cilia in executing their function and helps the clogged sinus to be able to deplete appropriately. If you want to know more about this kind of treatment, consult your doctor now.

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