

# Acute Sinusitis (AS)

Infections in the nose involve the sinuses because the lining of the nose and para-nasal sinuses is continuous.

Acute sinusitis usually follows a cold and presents with nasal obstruction, facial pain, dental pain, sinus tenderness and sometimes fever.

Patient's symptoms will often not respond to topical decongestants.

Treatment: usually involves topical or systemic decongestants, saline irrigators and an antibiotic, usually Amoxicillin.

The nose and sinuses are lined by a layer of cells called the mucosal epithelium.

It is covered by a mucous blanket of two layers: a liquid layer and a gel layer containing small arms called cilia. These cilia move inhaled particles out of the sinuses and the nose into the nasopharynx before being swallowed.

The health of the sinuses is dependent on this self cleansing action. Swelling of the mucosa and inflammatory fluids (oedema) block the natural drainage of the sinuses.

**Please do not hesitate to contact staff with any enquiries**