# **Skeltons Chemists**

2 Congreve Walk, Bedworth, Warwickshire, CV12 8LY

Tel & Fax: 0247 631 3259

Email: skeltonschemists@btconnect.com

### **Opening Times**

Monday to Friday - 8.30am - 5.30pm Saturday - 8.30am - 3pm Sundays & Bank Holidays - Closed

## Your FREE Healthy Living Leaflet for March 2024

- 1. What are your sinuses?
- 2. What is sinusitis?
- 3. What causes sinusitis?
- 4. What are the symptoms?
- 5. What is the treatment?
- 6. What do you put in a homemade saltwater solution?
- 7. What are decongestants?
- 8. How do they do this?
- 9. How long can you use a decongestant?
- 10. What should I do if they don't clear up my sinusitis?



Photo 54477595 | Sinus © Designer491 | Dreamstime.com

#### Answers on the bottom of P2

#### What is sinusitis?

Sinusitis is swelling of your sinuses which are small empty spaces behind your cheekbones and forehead that connect to the inside of your nose. Sinusitis causes the lining of the sinuses to swell up. This stops mucus draining into your nose and throat properly, making you feel blocked up.

Sinusitis is usually caused by an infection after a cold. It's common and usually clears up on its own within two to three weeks. However, there are medicines that can help if it's taking a long time to go away.

The symptoms of sinusitis include:

- Pain, swelling and tenderness around your cheek, eyes, or forehead
- A blocked nose
- A reduced sense of smell
- Green or yellow mucus from your nose.
- A sinus headache
- A high temperature

- Toothache
- Bad breath.

#### How do you treat sinusitis?

You can treat sinusitis yourself, without seeing your GP. You do this by:

- Getting plenty of rest
- Drinking plenty of fluid
- Take pain killers such as paracetamol or ibuprofen if they are suitable for you.
- Avoid allergic triggers
- Don't smoke
- Clean your nose with a saltwater solution to ease congestion.

# How to clean your nose with a homemade saltwater solution:

- 1) Boil a pint of water, then leave to cool.
- 2) Mix one teaspoon of salt and one teaspoon of bicarbonate of soda into the water.

- 3) Wash your hands.
- Stand over the sink, cup the palm of your hand and pour a small amount of the solution into it.
- 5) Sniff the water into one nostril at a time.
- 6) Breathe through your mouth and allow the water to pour back into the sink. Try not to let the water go down the back of your throat
- 7) Repeat the first 5 steps up to three times a ⇒ day until your nose feels more ⇒ comfortable. ¬

You do not need to use all of the solution but make a fresh one each time you clean your nose.

Our pharmacist can help with sinusitis as they can advise you about medicines that can help like decongestant nasal sprays or drops to unblock your nose but those should not be given to children under 6.

If we sign up to the new Pharmacy First Service, we will be able to prescribe antibiotics if your sinusitis is very bad and is not responding to treatment and you fit certain criteria. You do not need to make an appointment.

#### **Decongestants**

Decongestants are a type of medicine that can provide short term relief for a blocked or stuffy

nose. They work by reducing the swelling of the blood vessels in your nose, which helps to open the airways.

Decongestants are available as:

- Nasal sprays
- \* Drops
- Tablets or capsules
- Liquids or syrups
- Flavoured powders to dissolve in hot water.

Some products may just contain decongestant medicine, but many are sold as "all-in-one" that contain decongestants, painkillers, or antihistamines. Most decongestants can

be bought over the counter from pharmacies without prescriptions.

Most people can take decongestants safely, but they are not suitable for everyone. The following groups of people should not use them without getting advice from our pharmacist or their doctor first:

- ⇒ People taking other medicines.
- ⇒ People with diabetes.
- ⇒ People with high blood pressure.
- ⇒ People with an overactive thyroid gland
- ⇒ Men with an enlarged prostate
- ⇒ People with liver, kidney, heart, or circulation problems.
- ⇒ People with increased pressure in the eye (glaucoma).

Decongestants should not be given to children under 6 and those aged 6 -11 should use them for no longer than 5 days. It's not clear if it is safe to use decongestants when you are pregnant and you should not use the tablets, liquids, or powders if you are breastfeeding. Most decongestants should only be used between 1 and 4 times a day and not for more than one week.

Decongestants do not usually have side effects and any that you may experience are usually mild. Possible effects include:

- Feeling sleepy (look for non-drowsy medicines)
  - ♦ Irritation of the lining of your nose
  - ♦ Headaches
  - Feeling or being sick
  - A dry mouth
    - Feeling restless or agitated
  - A rash.

For more information or help with this or any other health concern you might have, talk to one of our trained team.



Photo 126507348 | Nasal Sinus @ Dmitry Kotin | Dreamstime.com

Answers: Q1, Small spaces behind your cheekbones and forehead. Q2, It is swelling of your sinuses. Q3, Usually an infection after a cold. Q4, Pain around your cheeks, blocked nose, loss of smell, yellow mucus from your nose, headache, high temperature, toothache, bad breath. Q5, Get plenty of rest, drink plenty of water, take pain killers, avoid allergy triggers, don't smoke, clean your nose with a saltwater solution. Q6, 1 teaspoon of salt and one teaspoon of bicarbonate soda. Q7, They are a type of medicine that can provide short term relief for a blocked or stuffy nose. Q8, They reduce the swelling of the blood vessels in your nose, which helps open the airways. Q9, No more than one week. Q10, Under the new Pharmacy First service you can speak to our pharmacist who may be able to prescribe you an antibiotic if you fit certain criteria.