

Skeltons Chemists

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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?



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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.

