

HOW TO TREAT A SINUS INFECTION

This is the companion info to my **Cold/Sinus/URI** videos on the **DrColler.com YouTube Channel** and the **Full Lecture** at **DrColler.com/URI**



1

SINUS RINSE/SALINE

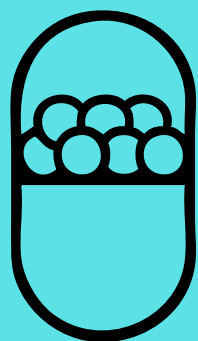
At first sign of symptoms, begin saline rinse/Neti pot at least 2-3 times/day. If you cannot tolerate the rinse, use saline nasal spray.



2

HYDRATION/DIET/REST

Drink a LOT of water. Water, water, water. Eat wholesome foods/bone broth/soups, lots of fruit and veggies. Peppers, onions, garlic may help immune function. Avoid dairy, refined carbohydrates and junk foods. Get extra sleep.



3

SUPPLEMENTS

Vitamin C, Zinc, Vitamin D, Colloidal Silver and others may be helpful. (Visit us.fullscript.com/welcome/drcoller and click on Categories > Viral Illness for details.)



4

HANDS-ON TECHNIQUES

Trigeminal Nerve Massage, Sinus Tapping Technique, Sinus Effleurage, and Nasal Septal Stretches can all help open the sinuses and move out the mucus. (See the **Cold/Sinus/URI Day 4** video on my YouTube Channel for demonstrations.)

5

OVER-THE-COUNTER MEDICATIONS

I recommend using a daytime combo (like DayQuil) and a nasal steroid (fluticasone) during the daytime, and a nighttime combo (NyQuil) and nasal decongestant (oxymetazoline) at bedtime.

Review of OTC meds:

Pain/Fever: acetaminophen, ibuprofen, naproxen, aspirin

Decongestants: phenylephrine, pseudoephedrine, oxymetazoline (nasal)

Antihistamines: **sedating** - diphenhydramine, doxylamine, **less-sedating** - loratadine, cetirizine, fexofenadine

Expectorant: guaifenesin

Cough Suppressant: dextromethorphan

Nasal Steroids: fluticasone, triamcinolone



6

SIGNS THAT IT MIGHT REQUIRE ANTIBIOTICS

1. Persisting or worsening sinus drainage/pressure for at least 10 days.
2. Severe tenderness to tapping on sinuses or pain in the upper teeth.
3. Sudden worsening of symptoms after they seemed to be improving.

