

## **Rob's Guide to Rhinosinusitis Management**

### **Summary**

- Antibiotics are not needed 98-99.5% of the time
- Most cases usually resolves in 7-10 days without treatment
- Symptomatic management gold standard
  - Saline irrigation twice daily (Neilmed Sinus Rinse)
    - **PLUS** steroid nasal spray (mometasone nasal spray – “Nasonex/Sensease”)
      - **PLUS** short term decongestant such as pseudoephedrine/phenylephrine

Acute viral rhinosinusitis (the common cold) is the most common form of acute rhinosinusitis. It is estimated that only 0.5% to 2% of respiratory tract infections are complicated by bacterial infection. Antibiotics are therefore not useful for most acute rhinosinusitis cases.

Uncomplicated acute viral rhinosinusitis resolves in 7 to 10 days without treatment, 80% of bacterial sinusitis cases resolve in 2 weeks.

To use a nasal spray effectively and safely:

- Clear the nasal passages first; using a saline nasal spray may be helpful.
- Shake the bottle and follow the manufacturer's advice (package insert) about priming if needed.
- Bend your neck forward and look down.
- For intranasal corticosteroids, use your right hand for the left nostril and vice versa. Put the nozzle just inside the nose aiming towards the outer wall.
- Change hands and repeat for the other side.
- Avoid sniffing too hard or the liquid is likely to go straight down the throat.