
Treatment

Most patients with sinusitis improve without medical therapy. When required, treatment is directed at relieving symptoms, restoring and improving sinus function and preventing intracranial complications.

1) Acute sinusitis

- decongestants — promote drainage of the sinus cavities
- antibiotic (if purulent) — 10 days of treatment to kill the pathogen (sometimes requires 2 to 3 weeks)

2) Chronic sinusitis

Treatment of chronic purulent sinusitis generally involves the use of:

- decongestants
- antibiotic (if purulent) — 4 to 6 weeks

Treatment for non-purulent chronic sinusitis also may include therapies directed at specific antigens or triggers which appear to be contributing to the condition.

Aspirin, acetaminophen or nonsteroidal antiinflammatory agents (NSAIDs) can relieve pain. The application of moist heat over the affected sinus can also be helpful.

Surgical drainage may be indicated for chronic infections or if intracranial **complications develop**.