**Sinus Infection**

**Description**
Inflammation of the sinuses. Infection may be viral or bacterial

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**Frequent signs and symptoms**
- Nasal congestion with green, yellow, or bloody discharge
- Feeling of pressure inside head or behind eyes
- Headache when leaning forward
- Cheek, eye, dental or jaw pain
- Fever

**Medication**
- Decongestant medications or nasal sprays may be prescribed to reduce congestion
- Antibiotics if you have a bacterial infection

**General Measures**
- Treatment is aimed at improving sinus drainage and controlling infection
- Apply moist heat to area of discomfort to relieve pain in sinuses and noses
- Salt water rinses
- Drink extra fluids (if allowed)
- Avoid smoking

**Return to ER if:**
- Persistent fever
- Severe headache
- Swelling of the face
- Blurred vision

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For questions or concerns, call the Telephone Care Program
1-800-455-0057

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VA Palo Alto Health Care System