

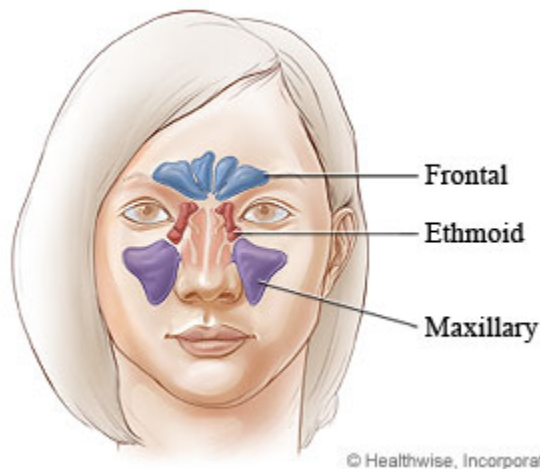


CARE INSTRUCTIONS

KAISER PERMANENTE

Sinusitis: After Your Child's Visit

Your Kaiser Permanente Care Instructions



Sinusitis is an infection of the lining of the sinus cavities in your head. The same viruses that cause the common cold most often cause sinusitis. Sometimes bacteria can cause sinusitis.

Viral sinus infections usually go away on their own within 10 to 14 days. Antibiotics do not work for viral infections. But if your doctor thinks that your child has a bacterial infection, he or she will probably prescribe antibiotics. With antibiotics, children usually feel better in a few days, but some symptoms may last for several weeks.

Follow-up care is a key part of your child's treatment and safety. Be sure to make and go to all appointments, and call your doctor if your child is having problems. It's also a good idea to know your child's test results and keep a list of the medicines your child takes.

How can you care for your child at home?

- Give acetaminophen (Tylenol) or ibuprofen (Advil, Motrin) for fever, pain, or fussiness. Read and follow all instructions on the label. Do not give aspirin to anyone younger than 20. It has been linked to Reye syndrome, a serious illness.
- Before you give cough and cold medicines to a child, check the label. These medicines may not be safe for young children.
- Be careful when giving your child over-the-counter cold or flu medicines and Tylenol at the same time. Many of these medicines have acetaminophen, which is Tylenol. Read the labels to make sure that you are not giving your child more than the recommended dose. Too much acetaminophen (Tylenol) can be harmful.
- Make sure your child rests. Keep your child home if he or she has a fever.
- If your child has problems breathing because of a stuffy nose, squirt a few saline (saltwater) nasal drops in one nostril. For older children, have your child blow his or her nose. Repeat for the other nostril. For infants, put a drop or two in one nostril. Using a soft rubber suction bulb, squeeze air out of the bulb, and gently place the tip of the bulb inside the baby's nose. Relax your hand to suck the mucus from the nose. Repeat in the other nostril. Do not do this more than 5 or 6 times a day.
- Place a humidifier by your child's bed or close to your child. This may make it easier for your child to breathe. Follow the directions for cleaning the machine.
- Put a hot, wet towel or a warm gel pack on your child's face 3 or 4 times a day for 5 to 10 minutes each time. Always check the pack to make sure it is not too hot before you place it on your child's face.
- Keep your child away from smoke. Do not smoke or let anyone else smoke around your child or in your house.
- If the doctor prescribed antibiotics for your child, give them as directed. Do not stop using them just because your child feels better. Your child needs to take the full course of antibiotics.
- Ask your doctor about using nasal sprays, decongestants, or antihistamines.

When should you call for help?

Call 911 anytime you think your child may need emergency care. For example, call if:

- Your child is confused, does not know where he or she is, or is extremely sleepy or hard to wake up.

Call your doctor now or seek immediate medical care if:

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- Your child has a fever with a stiff neck or a severe headache.
- Your child cannot keep down medicine or fluids.
- Your child has signs of needing more fluids. These signs include sunken eyes with few tears, a dry mouth with little or no spit, and little or no urine for 8 or more hours.
- Your child has redness or swelling of the face or around the eyes.

Watch closely for changes in your child's health, and be sure to contact your doctor if:

- Your child does not improve in 2 days.
- Your child has any new symptoms, such as nosebleeds or changes in vision.

Where can you learn more?

Go to <http://www.kp.org>

Enter L628 in the search box to learn more about "**Sinusitis: After Your Child's Visit**".

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