



# MID-JERSEY PEDIATRICS

[www.midjerseypeds.com](http://www.midjerseypeds.com)

**33 Brunswick Woods Drive  
East Brunswick, NJ 08816  
(732) 257-4330**

**25 Kilmer Drive,  
Building #3, Suite 107  
Morganville, NJ 07751  
(732) 972-6888**

## SINUSITIS

### **What is sinusitis?**

Sinusitis is an inflammation or infection of one or more of the sinuses that drain into the nose. The lining of the nose and sinuses normally produces a protective layer of mucus to trap bacteria and inhaled particles. When the mucus cannot drain properly, it accumulates in the sinus, allowing intruding bacteria to multiply and infection to develop. It most often occurs when the lining of the nose and sinuses becomes inflamed, swells, and blocks one or more of the openings that allow the sinuses to drain. Several conditions, including infection and allergy, may cause this inflammation.

Mucus may also build up in the sinus cavity when the cilia, the tiny hairs that extend from the lining, fail to clear the mucus from the sinuses. This may be caused by overuse of nasal decongestant sprays or blockage of the sinus opening by a nasal foreign body.

### **What are the signs of sinusitis?**

Sinusitis may be difficult to recognize, especially in young children, since symptoms are similar to those of common infections, such as a cold or the flu. These infections may occur six to eight times a year. The most common signs of sinusitis are fever, persistent discharge from the nose, and chronic cough that worsens at night. Your child may also have a headache, swelling around the eyes, bad breath, localized facial tenderness, or frequent sneezing attacks with watery discharge from the nose. If your child has asthma, it may worsen because of sinusitis. Simple colds usually last around 7 to 10 days. If your child's symptoms do not improve within 7 to 10 days, sinusitis may be the cause.

In sinusitis, the nighttime cough and discharge from the nose often last longer than the other common cold symptoms. With acute sinusitis, your child's symptoms last for less than 3 to 4 weeks. In chronic sinusitis, fever and other symptoms are usually less severe, but they may persist for 3 months or more.

### **How will the doctor know my child has sinusitis?**

In most cases, your doctor can tell if your child has sinusitis by listening to you or your child's description of the symptoms and by performing a physical examination. Occasionally, special studies are helpful.

### **How is sinusitis treated?**

Your doctor will most likely give your child an antibiotic to clear the sinus infection. Symptoms should improve within several days; if not, notify your doctor.

Note: Even if your child appears completely better in the first week after treatment is started, be sure to continue the antibiotic as long as your doctor prescribes to avoid a relapse.