

Sinus Headaches

Sinus headaches can cause a gnawing pain behind the nose and eyes. The pain most often gets worse in the afternoon and evening. You may also run a fever. Sinus headaches are caused by colds or allergies that make the nasal passages inflamed or infected.



To help prevent sinus headaches:

- Treat colds promptly to keep mucus from backing up.
- Avoid things that trigger sinus problems, such as pollens, dust, smoke, fumes, and strong odors.
- Take allergy medications as directed by your doctor.

To relieve the pain:

- **Keep your sinuses open** and free of mucus.
- **Use a nasal decongestant** as directed to reduce the inflammation.
- **Drink fluids** to keep the mucus thinner. This helps it drain more easily. You can also use a humidifier.
- **Apply hot packs** to the area around your sinuses. Use a hot water bottle.
- **See your doctor** if your sinus headache lasts more than two weeks. You may need medication for a sinus infection.

Publication Source: Cady RK, Schreiber CP, Otolaryngologic Clinics of North America 37(2), Sinus headache: a clinical conundrum, Apr 1 2004, pp 267-88

Publication Source: Silberstein SD, Young WB, Textbook of Clinical Neurology, 3rd ed., Chapter 53 - Headache and facial pain, 2007, pp 1245-1262

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