

Treating Chronic Sinusitis

Even if you've already been on sinus medication, your doctor may try again to manage your chronic sinusitis medically before going ahead with surgery. If medication isn't completely effective, your doctor may recommend one of two types of surgery, depending on the cause of your sinus problem and which sinuses are involved.

Ongoing Prevention

It's important to treat the underlying cause of your sinus problems. If you have allergies, talk with your doctor about treatment options. Likewise, if you're exposed to nasal irritants (such as sawdust), consider using a filter mask. And if you smoke, ask your doctor for advice about quitting or cutting down. Smoking irritates your nose and sinuses and may be contributing to your sinus problems.

Medication



If your medication wasn't fully effective in the past, your doctor may try a new or longer course of medication. Allergy injections may help desensitize you to particular substances. Or you may need to stay on an antibiotic for a longer period. If your symptoms recur, call your doctor, who may have you come in for a visit. If you don't get better, further tests such as a CT scan may help evaluate the extent of your problem.

Surgery

- **Endoscopic surgery** is typically used to clear blockages and obstructions, allowing your sinuses to heal on their own. This type of surgery allows your doctor to see around corners and into sinus openings, and it can be done without incisions on the face.

- **Open surgery** is often used to surgically clean out a lining that is seriously damaged. It also allows your doctor to reach areas not easily reached with an endoscope.

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