

Sinusitis Treatments - Your Home Treatment Options

To treat sinusitis there are many options based on home treatment strategies that you can use to cure the illness. While each treatment varies in terms of its effectiveness, there's nothing wrong with trying them to see which ones are most effective for you if any.

Over the counter medications can be used to treat the symptoms of sinusitis. If you are experiencing aches and pains, you should take a pain reliever like Aspirin, Advil, Tylenol or Aleve. For decongestion purposes, you should take medications that treat congestion such as Sudafed or Afrin. For a runny nose, you can take Benadryl or Dimetapp.

The air you breathe at home also plays a role in the treatment of sinusitis. If you are a smoker you should avoid smoking and if you live with smokers you should avoid 2nd hand smoke. If your sinusitis is as a result of an allergic reaction to pollen, you should avoid breathing in pollen. It also helps to breathe moist air at home by either using a humidifier or leaving the hot shower running.

Your diet also plays a role as sinusitis treatments. Alcohol actually makes the sinusitis swell up even further and compounds the sinusitis condition. Therefore it should be avoided while you are still experiencing symptoms. You also need to drink plenty of liquids. Otherwise, you run the risk of experiencing dehydration.

Non medical remedies and treatments can also help you to cure sinusitis or at the very least experience some comfort from the symptoms that you experience. For example, one technique that works really well is the use of nose drops. This clears out the nasal passages and clears out mucus. Another technique you can use is to take a towel, wet it with hot water and apply it to your face at least three times a day.

Exercise is also a very helpful treatment to deal with sinusitis. Since sinusitis isn't necessarily caused by germs getting rest isn't going to necessarily cure it like other illnesses. One of the best exercises you can do is take a walk. Walking allows you to get some fresh air exposed to your lungs and help you to breathe easier. Of course this only works out if you live in an area with suitable air. Otherwise, you should stick to indoor exercises like aerobics.

When using these home sinusitis treatments you should give yourself several days to judge its overall effectiveness. Symptoms should only be for several days. If you find that symptoms are not going away or are getting worse after several days, the next step should be to seek your doctor. You want your doctor to make sure you don't have a more serious illness. Your doctor can also give you more options for treatment that you may not be able to take advantage of if you don't seek medical intervention.

About the Author

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