

SINUSITIS TREATMENT INSTRUCTIONS

Take antibiotics, as directed, for 10 days:

- Augmentin (amoxicillin/clavulanic acid) or Omnicef (cefdinir)
 - Take 1 tablet 2 times daily with meals (breakfast and dinner)

Take antihistamine for 30 days

- Claritin (loratidine) (over the counter)
 - Take 1 tablet daily
 - Do NOT take a Decongestant for example Claritin-D or Allegra-D

Use steroid nasal spray for 6 months (choose one – all over the counter)

- Flonase (fluticasone propionate), Nasocort Allergy 24 hour (triamcinolone), Nasonex (mometason), Rhinocort (budesonide)
 - Use once a day (Flonase can be used twice a day, morning and night)

Saline Nasal Rinse (Neti Pot) for 6 months

- Rinse once daily

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