

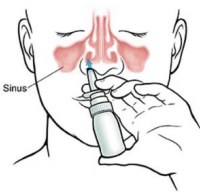
## APPROPRIATE MEDICAL TREATMENT FOR CHRONIC RHINOSINUSITIS

Once a diagnosis of chronic rhinosinusitis has been made, a trial of medical therapy can be instituted in the hope of avoiding the need for surgery. It is really important that you comply with the dosing and duration of therapy to get the best results

### NASAL STEROIDS

Use 2 sprays each nostril 2x day for 6 weeks

Nasonex – is a safe spray that can be purchased over the counter or Professor Psaltis may prescribe an alternative stronger spray



The correct way to use a spray is to aim it away from the septum ( which is the middle partition of the nose) towards the ear on the same side

### NASAL IRRIGATIONS

Use FLO CRS or FLO Sinus Care 1x day for 6 weeks



Recommend using FLO CRS or FLO Sinus Care 1x day for 6 weeks

### ORAL ANTIBIOTICS

Use for 10 days if pus present

First line

Augmentin Duo Forte 1 tablet 2x daily for 10 days

Second line ( or penicillin allergy)

Doxycycline 200mg day 1, then 100mg daily 10 days

### ORAL STEROIDS

Use for 3 weeks in tapering dose if polyps present

Week 1 25mg (1 tablet) daily with breakfast for 7 days  
Week 2 12.5mg (1/2 tablet) daily with breakfast for 7 days  
Week 3 12.5mg every second day with breakfast for 14 days

Caution: Recommend taking with food to avoid gastric side effects

Caution: Take in morning to avoid steroid affecting sleep

Although oral steroids are usually well tolerated side effects include insomnia, mood changes including (anxiety, irritability, depression, confusion, tiredness), gastric upset (indigestion, infrequently bleeding/ulcers), elevation of blood sugars ( do not take if diabetic), fluid retention and increased weight and appetite. If you are experiencing severe side effects please call Prof Psaltis' Rooms