

Sinus Conditions

An indication that you may have sinus problems is if your colds linger on longer than three to four days, you have frequent nasal drainage, and if the drainage is discolored (yellow, green, or brown).

There are four pairs of sinuses in your head that drains mucus through the openings into your nasal passages and throat. This drainage helps keep your nose cleared from bacteria, dust and germs. When your sinuses are healthy, the mucus drains freely. Interference with this natural drainage is what leads to sinusitis. Acute sinusitis is an immediate sinus attack. Chronic sinusitis is more long-term conditions that never seem to ever resolve.

When you have a cold or the flu, your sinuses and nasal tissue swells. The openings to the sinuses can become blocked, causing the mucus to back up and not be able to drain properly. This is the perfect place for bacteria to grow. If your nasal drainage is yellow, green or brown, these can be signs of infection.

Long term exposure to allergens can cause the sinus and/or nasal tissue to swell. You may become sensitive to certain substances in the air that causes your body to release histamines, which can make your eyes burn and nose to itch, causing sneezing.

Nasal obstructions are very common in sinus conditions. They can actually worsen your sinus problems. If you have had your nose broken, it more than likely has caused a crooked partition in your nose, keeping the air from freely moving in and out of your sinuses. A polyp can also cause the same feeling as a deviated nasal septum. A polyp is a sac of swollen tissue that blocks the air from moving through the nose also. Polyps can usually be removed in the office under local anesthesia.

When you come for your medical exam, Dr. Sewell will examine your ears, nose and throat areas. He may use a scope to see around and into your sinus openings. He may order a CT scan of your sinuses. This gives him a clear cross-sectional view of the sinuses and linings. This helps confirm your diagnosis.

Your treatment plan depends solely on your specific condition and history of symptoms.