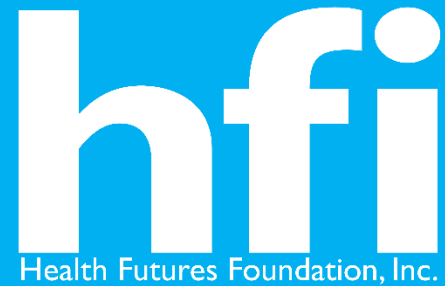


# POSSIBLE SINUS HEADACHE

## Supportive Management

- Take warm drinks.
- Drink a minimum of 8 glasses of clear fluid per day. Take 2 glasses with each meal, and another 2 any time within the day.
- Have plenty of rest. Sleep for 7-8 hours every night in a dark room, as melatonin – a powerful anti-oxidant that promotes healing through boosting the immune function – are found to be produced in higher amounts when sleeping in darkness. If sleeping in a dark room is not possible, wear an eye patch instead.
- Apply a heating pack to the forehead, upper cheek, and nose.
  - Home-made heating pack: fill up a tightly-closed glass bottle with hot water and wrap it in a towel (make sure that the bottle does not touch the skin directly)
- Use **saline nasal wash**.
  - Home-made saline nasal wash ingredients:
    - 1 cup warm water (if using tap water, sterilize first by boiling, and let it cool until lukewarm)
    - ½ teaspoon of salt
    - ½ teaspoon of baking soda
  - Instructions:
    1. Prepare the home-made saline nasal wash.
    2. Fill the nasal bulb (bulb syringe) with the saline solution.
    3. Insert the tip of the nasal bulb into one nostril, and gently squeeze.
    4. Aim the flow of saline solution toward the back of the head.
    5. Allow the solution to drain back out through the other nostril or through the mouth.
    6. Gently blow nose to remove excess mucus and solution.
    7. Follow the same process with the other nostril.
    8. Repeat this process a couple of times daily until condition improves.
    9. Clean the nasal bulb after each use.



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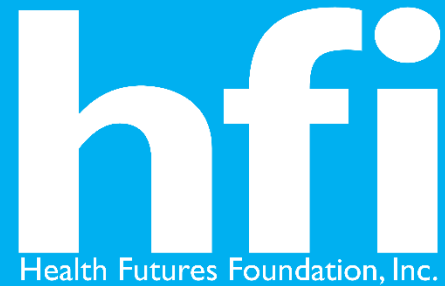
# POSSIBLE SINUS HEADACHE

## Supportive Management

- Use steam inhalation (using eucalyptus extract, Vicks vaporub, or sea salt)
  - For relief of congestion, which may help in relieving sinus headache
  - Don't use for children under 12 years old
  - Instructions
    1. Place a bowl in the sink (where it will have less chance to tip over).
    2. Pour boiling water in the bowl.
    3. Add any of the following three:
      - If eucalyptus extract: add 2-3 drops
      - If Vicks vaporub: add two teaspoons
      - If sea salt: add ½ cup
    4. Cover head with a towel and lean carefully over the bowl. Keep face 12 inches away from the boiling water.
    5. Deeply inhale steam for 5-10 minutes, and then, blow nose thoroughly.

## Consult doctor:

- If headache gets worse.
- If headache becomes an interruption to performance of activities of daily living.
- If headache happens more than 15 days a month.



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