

MCM: Help for a sinus infection

VIDEO	AUDIO
Jason	A sinus infection is inflammation of the sinuses — the spaces inside your nose and head. When the sinuses are swollen, they can't drain, causing mucus to build up.
Jesse Bracamonte, D.O. Family Medicine Mayo Clinic	"A typical sinus infection is caused by the common cold, or most common viruses out there, typically lasting anywhere from three days to seven days. And it typically goes away on its own."
Jason	Mayo Clinic's Dr. Jesse Bracamonte says there are some simple home treatments you can do to ease the symptoms, such as drinking plenty of fluids, taking over-the-counter pain relievers and decongestants, and using a saline nasal rinse or nasal spray.
Jason	When it comes to sinus infections, in general, he says time is often the best medicine.
Dr. Bracamonte	"But if somehow you start getting better and then start getting worse and feel more facial pressure — can be teeth pressure, fever, lot of facial pain, fatigue — after a period of a week, you should seek care and get evaluated by a clinician."
Jason	For the Mayo Clinic News Network, I'm Jason Howland.