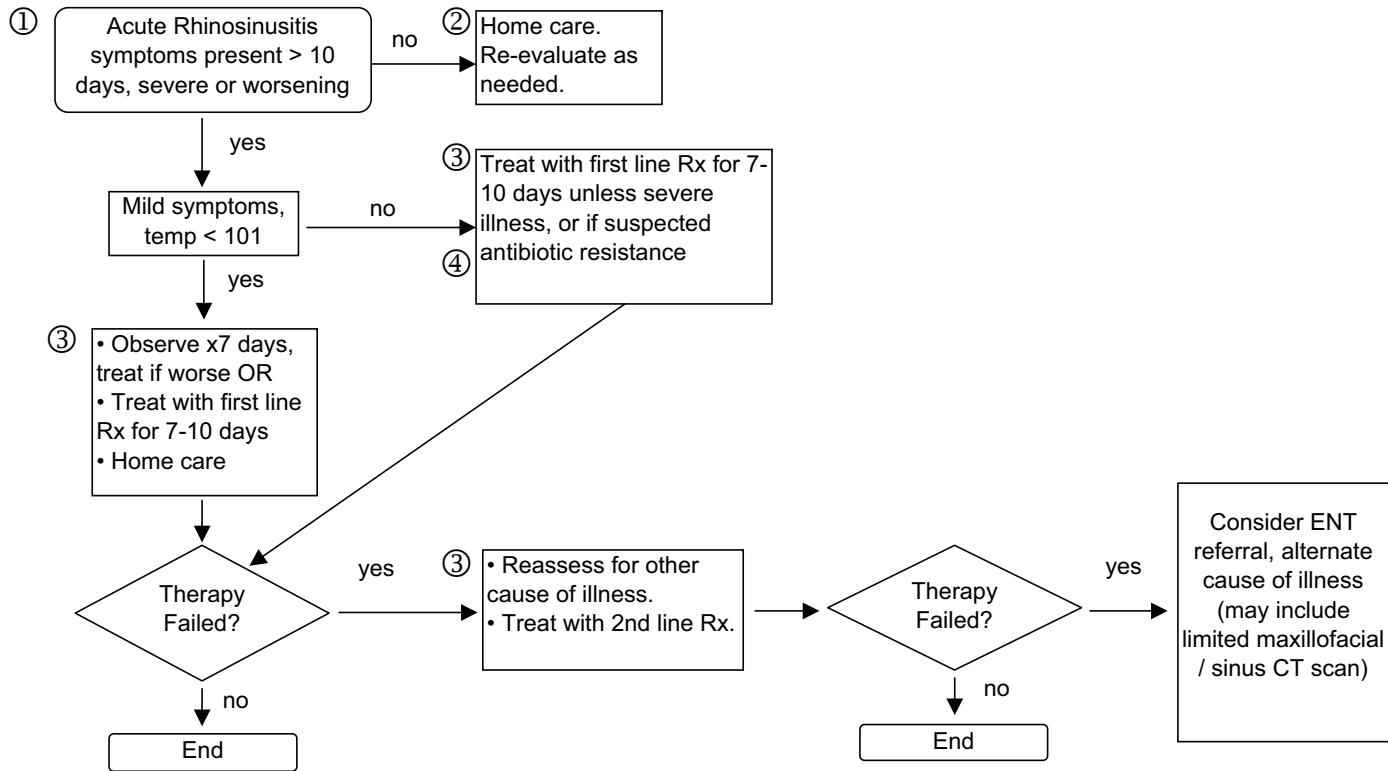


# ASPIRUS NETWORK, INC.

## ACUTE RHINOSINUSITIS (ARS) IN ADULTS



1.

Signs/Symptoms of ARS (\*Most predictive):

- Worsening after initial improvement\*
- Persistent purulent nasal drainage\*
- Symptoms of ARS > 10 days\*
- Visualized pus in nares/oropharynx\*
- Nasal obstruction
- Unilateral maxillary pain/tenderness
- Facial swelling/erythema
- Fever
- Maxillary toothache

2.

Home care:

- Topical (3 days) or oral decongestant
- Saline rinses/lavage
- Analgesics
- Humidification
- Nasal steroid spray

3.

First Line Therapy:  
Amoxicillin (TMP/SMZ, macrolide, or cephalosporin if PCN allergic)

Second Line Therapy:  
Augmentin (Amox/clauvulinic acid) or Fluoroquinolone

Treat for 7-10 days (azithromycin 5 days).  
Note: Longer courses of antibiotic therapy do not improve outcome.

4.

Antibiotic Resistance more likely if antibiogram (antbx) Rx in last 6 weeks, child in daycare at home, or history or family history of MRSA infection.

Adapted from "Clinical Practice Guideline: Adult Sinusitis" Otolaryngology-Head and Neck Surgery (2007) 137, S1-S31  
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