

ABOUT SINUSITIS

Dr. Joseph Heinze

The human skull has space-voids inside the bone. The maxillary sinus is located above the upper posterior teeth (molars & premolars). Many of the roots of these teeth set inside the floor of the sinus. The drainage hole for the sinus is called the oss. It is located in the upper nose area, above & forward from the lower & more posterior recesses of the sinus cavity.

Many patients with sinusitis may present to a dental clinic believing they have a tooth problem when in fact, the sinus is inflamed or infected. Testing teeth and pain history help discern between sinusitis or tooth pathology. If teeth test + normally to cold, and do not appear to have “gum-disease” related pathology, sinusitis is often the culprit.

Patients will often state pain is more intense when laying down (pathognomonic symptom).

Antigens (viruses, fungus, pollens, air contaminates) can enter the sinus through the oss. Inflammation or infection of the sinus may ensue.

The first choice of treatment is to begin sinus rinsing. This can be accomplished by using a Neil-med irrigator, a plastic bottle with salt/baking-soda dissolved in warm water. After several flushes of the fluid up through the nasal area, one bends over or lays down forward (face down) and the antigens (irritants) are flushed from the sinus.

If bacteria have secondarily infected the sinus, antibiotics may be of use. Fungus is killed by baking soda. Simply reducing the number of offending agents (by rinsing/irrigating), will often times resolve the condition. It is very important to keep the bottle disinfected by rinsing it with bleach-water before and after use.

I like to re-evaluate the patient's condition 3-5 days after starting rinsing/antibiotic. If the condition persists, I advise them to see an otolaryngologist [ear-nose & throat doctor (ENT)].

Other home remedies include:

serrapeptase *H*elps the body break down protein. This might help decrease inflammation and mucous.

Black cumin seed oil *S*timulates immune cells and raises interferon (anti-viral/bacterial)

Vitamin C as ascorbate