

## Dr Rosevear's Suggestions for Home Sinus Medicines

Most medicines are listed by their brand names which are easier to pronounce and spell. In almost all cases, generic substitutions are just as effective and much cheaper. Find the medicine on the shelf and look for the generic substitute that is usually sitting next to it. Check the active ingredients to make sure you are getting the same medicine and the same dose. Watch out for combination medicines which might combine something you want with something else you do not want.

### ANTI-HISTAMINES

Use this class if your nose is too moist, ie if it is dripping as it might if you are having an allergic problem.

**Benadryl** - for Allergy - perhaps the strongest Antihistamine, but watch out because it will make you sleepy; in fact it makes a good sleeping pill.

**Claritin** - the first and still a good non-sedating antihistamine. It is available for about 5 cents a pill at Sam's Club.

### DECONGESTANTS

**Sudafed SA 120** - the safest decongestant. It will raise your blood pressure and may keep you up at night. You have to decide for yourself if it is effective enough to be worth using.

### MUCOLYTIC

Use this class if your nose is too dry, such as during an infection when there is thick post nasal drainage.

**Mucinex** - few side effects. Use if your nose is too dry, ie if you have a nasal infection and are having thick post-nasal drainage. It is also a good cough medicine.

### Pain Relief

**Tylenol** - preferred. Remember there is a risk of permanent liver damage if you take too much. The maximum daily limit is 4,000 mg. This is 8 tablets of the 500 mg extra strength Tylenol or 12 tablets of regular Tylenol.

**Aleve** - this may be stronger than Tylenol, but there is no good scientific data to prove this. Watch out with this drug if you have had an ulcer or have any sort of kidney problem. Aleve will cause some tendency for bleeding.

**Aspirin** - a good blood thinner but no better than the Tylenol or Aleve for pain relief. Not recommended as an ENT drug.