



Health Info to know with Dr. Joe

Expert advice with Head and Neck surgeon and University of Florida Associate Professor, Dr. Joe Parell. Dr. Parell is board certified in Otolaryngology and board certified in Facial Plastic Surgery.

Q: If I have a sinus headache, shouldn't I be on antibiotics?

A: The vast majority of patients who complain of a sinus headache do not actually have a sinus infection. Symptoms that suggest an infection, in addition to a headache in the facial area, are yellowish or green nasal or throat drainage and nasal congestion. Other common causes of this type of headache are nasal allergies, a common cold or stress. You could also be experiencing a vascular (migraine) headache. If you have been prescribed antibiotics for sinus headaches more than once a year, the next time you see your doctor with this complaint, ask him or her to take X-rays of your sinuses. X-rays are usually less expensive than the preferred antibiotics, and unlike the alternative, have no risk of allergic reaction or other side effects. They are also the only sure way to diagnose a sinus infection.

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