

Home Remedies

— To Manage —

Sinus Infection In Pregnancy

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Hydration

Drink a lot of water, citrus juice, and warm broth

Saline drops

May be made at home or procured over-the-counter



Steam inhalation

Helps clear a stuffy nose

Cool-mist humidifier

Helps keep nasal passages moist



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Gargling

Soothes sore throat

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Sleeping position

Sleeping with your head slightly elevated makes it easier to breathe



Avoid allergens

Prevent sinusitis from worsening

Maintain a healthy diet

Can boost immunity and help in faster recovery



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