



If considering the diagnosis of sinusitis in a child younger than 5, please consult a pediatrician.

### Sinus Development in Children

12 year old      5 year old      1 year old

- Maxillary: present at birth, fully developed at 12 years
- Ethmoid: present at birth, fully developed at 12 years
- Frontal: present at 3 years, fully developed at 18-20 years
- Sphenoid: present at 8 years, fully developed at 12-15 years

Source: [https://www.google.com/search?biw=1536&bih=740&btm=isch&sa=1&ei=TiHWt3rCIHRJAP4hKaCA&q=sinus+development&oq=sinus+development&gs\\_l=psy-ab:3..0i67k1j0i5j0i530k11j3j0i8i30k1.34240.34657.0.35299.2.2.0.0.0.200.398.0j1j1.2.0...0...1c.1.64.psy-ab..0.2.395...0i30k1.0.rSFh1aHlq74#imgrc=IDSBxCtrFOAKWM.&sp=1518811500752](https://www.google.com/search?biw=1536&bih=740&btm=isch&sa=1&ei=TiHWt3rCIHRJAP4hKaCA&q=sinus+development&oq=sinus+development&gs_l=psy-ab:3..0i67k1j0i5j0i530k11j3j0i8i30k1.34240.34657.0.35299.2.2.0.0.0.200.398.0j1j1.2.0...0...1c.1.64.psy-ab..0.2.395...0i30k1.0.rSFh1aHlq74#imgrc=IDSBxCtrFOAKWM.&sp=1518811500752)

### Imaging

Do not routinely obtain imaging studies in suspected sinusitis unless there is concern for a complication like orbital or CNS involvement.

Do not treat sinusitis, in the absence of symptoms, if it is an incidental finding on an imaging study.

### Adjuvant Therapies

- Saline nasal spray
- Steam
- Oral hydration
- Tylenol and ibuprofen
- Do not routinely give decongestants and antihistamines (especially Benadryl). They have been proven ineffective in children and are unsafe under 6 years old.

This guideline is designed for the general use of most patients but may need to be adapted to meet the special needs of a specific patient as determined by the medical practitioner. Approved by MSEC 4/26/18; reviewed and reapproved 10/2019.

**If comments about this guideline, please contact Leslie\_Herrmann@ykhc.org.**