ENT – Anterior Facial Pain
Patient Pathway (Adults)

Patient Presentation
Recurrent Anterior facial pain

GP or practice nurse
Is the pain related to upper respiratory tract infections and does it last for 7 to 14 days at a time?
Does the patient give a history of nasal blockage?
Does the patient give a history of purulent nasal discharge associated with the pain

Yes
Probable recurrent bacterial sinusitis, treat with;
1. Antibiotic as per GG&C guidelines or according to bacteriology results from a nasal swab
2. Topical nasal decongestants for one week
3. Steroid nose drops for six weeks.
4. Suggest that patient performs nasal saline douching

GP

Responds short term
Responds Long Term
No response

No
Refer ENT

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Short term or no response

Obtain bacteriology of nasal discharge if possible (and if not obtained previously) repeat medical treatment with oral steroids (prednisolone 40mg daily for 10 days).

1 Anterior facial pain, related to upper respiratory tract infections, but lasting for a few days is due to mechanical obstruction of the sinuses and does not require antibiotics
2 Consider other causes: simple headaches, stress headache, analgesic headache, migraine, atypical facial pain, temporomandibular joint dysfunction

Responds Long Term

Patient to continue saline douching long term, consider long term steroid spray