



SINUS POSTOPERATIVE INSTRUCTIONS

SINUS PRECAUTIONS

Because of the close relationship between upper back teeth and the sinus, a communication between the sinus and mouth sometimes results from surgery. That complication has occurred in your case, which often heals slowly and without difficulty. Certain precautions will assist healing and we ask that you faithfully follow these instructions:

1. Take prescriptions as directed.
2. Do not forcefully spit for 14 days.
3. Do not smoke for 14 days.
4. Do not use a straw for 14 days.
5. Do not forcefully blow your nose for at least two weeks (14 days), even though your sinus may feel “stuffy” or there may be some nasal drainage. Try not to sneeze; it will cause undesired sinus pressure. If you must sneeze, keep your mouth open.
6. Eat only soft foods for several days, always trying to chew on the opposite side of your mouth for 14 days.
7. Do not rinse vigorously for 14 days. Gentle salt water swishes may be used.

Slight bleeding from the nose is not uncommon for several days after surgery. You may Gently use a saline nasal spray (Ocean Nasal Spray) to help clear your nasal/sinus passages.

Please keep our office advised of any changes in your condition, especially if drainage or pain increases. It is important that you keep all future appointments until this complication has resolved.

Sometimes even if you follow these instructions, the communication between the sinus and mouth will not heal properly. In these instances surgical closure of the communication is necessary.