

POST OPERATIVE INSTRUCTIONS  
**SINUS PRECAUTIONS**

*If any of your symptoms seem excessive, contact us.  
Office phone is answered 24 hours daily.*

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 with difficulty. Certain precautions will assist healing and we ask that you faithfully follow these instructions:

1. Do not blow your nose for at least four weeks, even though your sinus may feel “stuffy”.
2. Take prescriptions as directed. May use over-the-counter Claritin and Flonase to help reduce congestion. (DO NOT GET A PRODUCT THAT CONTAINS A DECONGESTANT).
3. Do not forcefully spit for 14 days.
4. Do not smoke for 14 days.
5. Do not use a straw for 14 days.
6. There may be some nasal drainage.
7. Try not to sneeze; it will cause undesired sinus pressure. If you must sneeze, keep your mouth open.
8. Eat only soft foods for 14 days, always trying to chew on the opposite side of your mouth.
9. Do not rinse vigorously for 14 days. Gentle rinses may be used after 24 hrs.
10. “Even though your extraction post-operative instructions say to begin more vigorous rinsing, DO NOT”

Slight bleeding from the nose is not uncommon for several days after surgery. 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.

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