



## SINUS PRECAUTIONS

OFFICE: (423) 541-5700

Your doctor has recommended additional precautions for the sinus area. As explained, there is a very close relationship between the upper teeth and maxillary sinus. Following removal of upper teeth or surgery of the upper jaw there is a possibility that an opening or communication between the sinus and mouth may occur. The following instructions are precautions to prevent this from occurring or to allow this area to heal. Please follow these instructions closely:

- Take prescriptions as directed.
- Do not spit forcefully for 5 days.
- Do not smoke or use tobacco products for **AT LEAST** 2 weeks.
- Do not use a straw for several days.
- Do not forcefully blow your nose for two weeks, even though your sinus may feel “stuffy” or there may be some nasal drainage.
- Avoid sneezing if possible, as this can cause increased pressure within the sinus. If you must sneeze, do so with your mouth open.
- Eat only soft foods for one week. Try to chew on the opposite side of your mouth.
- Do not rinse vigorously for one week. Gentle salt water swishes may be used.

Slight bleeding from the nose may be seen up to 10 days after surgery.

Please call and 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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