



## POST-OPERATIVE INSTRUCTIONS: SINUS PRECAUTIONS

Often, when a back tooth is extracted or an upper surgical procedure (bone graft, implant surgery, etc.) is performed, an opening between the mouth and sinus may occur due to the close proximity of the upper teeth and sinuses. To avoid complications:

- Hold the gauze pack over the extraction site for 2 hours and do not rinse your mouth for the first 24 hours.
- Refrain from blowing your nose for 10 days.
- If you feel a sneeze nearing, open your mouth, and DO NOT pinch your nostrils (thus avoiding pressure in the sinus).
- DO NOT SMOKE OR USE A STRAW UNTIL YOU SEE YOUR DOCTOR FOR YOUR POST-OPERATIVE APPOINTMENT.
- Do not fly in an airplane or climb mountains to avoid a change in altitude. • Abstain from swimming or heavy exercise for 10 days.
- Sleep in an upright position for 3 days.
- Eat soft foods until your doctor gives you clearance to resume your normal diet. Do not use drinking straws for 2 weeks minimum. Avoid electric toothbrushes in the surgical area until your post-operative appointment.

Slight bleeding from your nose may occur for several days. Follow-up appointments in our office are especially important.

1. The patient should have three prescriptions:

- Antibiotics
- Pain medication
- Antihistamine and/or Decongestant

2. It is very important that the patient take all their antibiotics as instructed. Unless the patient does so, the antibiotics will not be effective. The medication should not be discontinued unless it makes the patient nauseated, ill, or a rash develops. Please call us if this occurs.