

## Post-Operative 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. Certain precautions will assist healing, and we ask that you faithfully follow these instructions.

- Do not forcefully spit for 2 weeks.
- Do not smoke for 2 weeks.
- Do not use a straw for 2 weeks.
- Do not forcefully blow your nose for at least 3 weeks, 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.
- Eat only soft foods for several days, always trying to chew on the opposite side of your mouth.
- Do not rinse vigorously for several days. Gentle salt water swishes may be used. Brush all your other teeth normally, just lightly in the area of the surgical site.
- Take all medications including antibiotics as directed.
- 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.

If you have any questions or concerns, please contact (702) 660-5574. If you have a life-threatening emergency, call 911 or go to the nearest emergency room.