



## Caring for Your Sinuses After Oral Surgery

Teeth in the upper jaw are often very close to the sinuses. In some cases, a sinus communication between the extraction site and the sinus cavity may develop where no additional treatment is indicated. It is important to follow sinus precautions for two weeks in order to aid healing.

### Sinus Precautions

- If prescribed, take medication as directed.
- Do not spit for several days.
- Refrain from blowing your nose.
- Sneeze or cough with your mouth open.
- Take Sudafed—60 mg every 6 hours—if you are feeling congested.
- No heavy lifting.
- No bending past the waist.
- Do not use a straw or smoke.
- Eat soft foods and chew on the opposite side.
- Follow oral hygiene instructions.

It is not uncommon to have a slight amount of bleeding from the nose. Please call us if it is excessive or recurring.

Sinus communications will normally close on their own. However, some do not resolve and may require a surgical procedure. The best way to aid the healing process is to follow your doctor's advice and take precautions. Failure to do so may compromise your final outcome. If symptoms persist or recur, it is imperative that you call our office so we may re-evaluate your condition.

It is important to understand that failure to follow any of the instructions as indicated above may result in serious complications, significant detriment to your health, and may be life threatening in some cases.

Please understand your overall health and well-being during the healing period is extremely important to us. Your doctor is available to answer any questions concerning your surgery.