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## SINUS PRECAUTIONS

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

1. Take all prescriptions as directed.
2. Do not forcefully spit for several days.
3. Do not smoke for several days.
4. Do not forcefully blow your nose for at least 2 weeks, even though your sinus may feel “stuffy” or there may be some nasal drainage.
5. Try not to sneeze; it will cause increased sinus pressure. If you must sneeze, keep your mouth open.
6. Eat only soft foods for several days, always trying to chew on the opposite side of your mouth.
7. Do not rinse vigorously for several days. Gentle saltwater swishes may be used.
8. Slight bleeding from the nose is not uncommon for several days after surgery.

Please keep Dr. Karas advised of any change in your condition, especially if drainage or pain increased. It is important that you keep all future appointments until this condition has resolved.

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