



## **POST - OPERATIVE SINUS PRECAUTIONS**

Because of the close distance between your upper jaw and your maxillary sinus, a hole between the sinus and mouth can sometimes occur. This hole may have been present before your surgery and can result from the removal of teeth, infections, cysts, tumors and dental implant placement.

Certain precautions will help your healing and you are instructed to carefully following these directions.

1. Take all prescriptions as directed.
2. Take over-the-counter Afrin or Neosynephrine nose drops as directed for no more than 7 days
3. Take over-the-counter Sudafed tablets (you must now ask for the original formula which is kept behind the counter or in the pharmacy) for 5 days if directed by your surgeon.
4. Do not forcefully spit for seven days.
5. Do not smoke for at least seven days.
6. Do not use a straw for at least seven days.
7. Do not blow your nose for at least two weeks, even if your sinus feels “stuffy” or there is some drainage from your nose
8. Try not to sneeze. If you sneeze, then sneeze with your mouth wide open. Sneezing through your nose will cause a rapid build-up of pressure in your sinus which can affect healing.
9. Eat only soft foods on the opposite side of your mouth until your surgeon has told you it is OK to resume a normal diet.
10. Do not rinse hard. If you have been prescribed any mouth rinses be very gentle.

Slight intermittent bleeding from the nose is common for several days after the surgery.

Make sure to keep the office advised of any changes in your condition, especially if drainage or pain increases. It is important that you keep all future appointments until you have been cleared by your surgeon.

Call the office 203.489.0980 if you have any questions.