



CENTER FOR OSSEOINTEGRATION  
ORAL AND JAW RECONSTRUCTIVE SURGERY

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## SINUS PRECAUTIONS

PLEASE FOLLOW THE INSTRUCTIONS BELOW FOR ONE FULL WEEK AFTER SURGERY

- **DO NOT** drink through a straw
- **DO NOT** blow your nose
- **DO NOT** sneeze through your nose. If you must sneeze, do so with your mouth open and do not try to hold back or stifle the sneeze.
- **DO NOT** smoke cigarettes, pipes or cigars.
- **DO NOT** play any wind instruments.
- **DO NOT** open your mouth widely.
- Avoid swimming and strenuous exercise for at least a week.
- Eat a soft or liquid diet. Chew on the opposite side of your mouth as much as possible.
- You may begin brushing your teeth 24 hours after your surgery but avoid the surgical area. Rinse **PASSIVELY** three times a day with warm salt water- 24 hours after surgery.
- Sinus symptoms are normal. It is not uncommon to have small amounts of discharge, including blood, cleared from your nose.
- It is not uncommon for swelling and/or facial bruising to develop.
- If you plan to travel in an airplane in the next six weeks, contact the office before flying.
- Use all medications as directed. If you develop any side effects or if you have any questions, stop the medication and call our office.