

ORAL AND MAXILLOFACIAL SURGERY

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:

1. Take all prescription medications as directed.
2. Take over-the-counter Afrin or Neosynephrine nose drops as directed for 3 days.
3. Only if directed by your surgeon, take over-the-counter Sudafed pills for 3 days.
4. **Do not** forcefully spit for seven days.
5. **Do not** smoke for seven days.
6. **Do not** use a straw for seven days.
7. **Do not** forcefully blow your nose for at least two weeks, even though your sinus may feel “stuffy” or there may be some nasal drainage.
8. Try not to sneeze; it will cause undesired sinus pressure. If you sneeze, keep your mouth open.
9. Eat only soft foods for several days, always trying to chew on the opposite side of your mouth.
10. Do not rinse vigorously for several days. **Gentle** salt water swishes may be used.

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.