



Sinus Precautions

Due to the close relationship between the top back teeth and the sinus, a communication between the sinus and mouth sometimes results from surgery. As previously discussed, this most often heals slowly and without difficulty. Certain precautions will assist healing and we ask that you faithfully follow these additional instructions. Keep our office advised of any significant changes in your condition.

- Use all medications as directed. If you develop any side effects or if you have any questions, stop the medication and call the office.
- **Do Not** blow your nose. You may gently wipe any drainage.
- **Do Not** sneeze through your nose. If the urge to sneeze arises, sneeze with your mouth open.
- **Do Not** drink with a straw.
- **Do Not smoke or use tobacco products** for a minimum of two weeks. This greatly impairs healing.
- **Do Not** open your mouth widely or lift/pull up on your lip to look at the surgical site. This may actually create damage and tear stitches.
- Avoid strenuous exercise and activities that lead to changes in pressure (swimming, flying, wind instruments, etc.) for at least one week.
- Eat a soft or liquid diet. Chew on the opposite side of your mouth as much as possible
- Continue to brush your teeth but avoid the surgical area. **Do Not** rinse vigorously after brushing.
- Slight nasal bleeding, facial swelling and/or bruising may occasionally develop.
- Nasal congestion and a sensation of “stuffiness” are often normal. Use of over-the-counter antihistamines, decongestants (Afrin, Sudafed) and saline nasal spray (Ocean Mist) may be used, but only if advised. However, most of the time, patients do fine without any of these. Unless these products have been previously recommended, please discuss with your doctor prior to use.



COAL CREEK
ORAL SURGERY & DENTAL
IMPLANT CENTER