

SINUS PRECAUTIONS FOR PATIENTS WHO HAD UPPER TEETH REMOVED

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 prescriptions as directed.
2. Do not forcefully spit forcefully for a week.
3. Do not smoke for a week.
4. Do not use straws for a week.
5. Do not forcefully blow your nose for at least 2 weeks, even though your sinus may feel “stuffy”.
6. Try not to sneeze, it will cause undesired sinus pressure. Try to keep your mouth open if you sneeze.
7. Eat only soft foods for 3 days, try to chew on the opposite side.
8. Do not rinse vigorously for a week. Gentle salt water swishes or the prescribed mouth rinse may be used.
9. Slight bleeding from the nose is not uncommon for several days following surgery.



Keep our office advised of any changes in your condition and please keep all future appointments until this issue is resolved.



Refer to previous page (Post-Operative Instruction Sheet) for our office phone number and an after-hour number.