

POST-OPERATIVE INSTRUCTIONS – SINUS PRECAUTIONS

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Because of the close relationship between upper back teeth and the sinus, a communication between the sinus and mouth sometimes results from surgery. That problem has occurred in your case, which often heals slowly and with difficulty. Certain precautions will assist healing and we ask that you faithfully follow these instructions:

1. Take prescriptions as directed.
2. Do not spit for several days.
3. Do not smoke for 14 days.
4. Do not use a straw for 2-3 weeks.
5. Do not blow your nose for at least 2-3 weeks.
6. Try not to sneeze; it will cause undesired sinus pressure. If you must sneeze, keep your mouth open.
7. Use of an oral decongestant (pseudoephedrine) for 1-2 weeks is encouraged, if you feel “stuffy”.
8. Avoid heavy lifting, straining or bearing down for 2 weeks.
9. Avoid air travel for 2 weeks.
10. Eat only soft foods for several days, always trying to chew on the opposite side of your mouth.
11. Do not rinse vigorously for several days. Gentle salt water swishes may be used.

It is common to have a slight amount of bleeding from the nose for several days. Please call us if it is excessive or recurring.

Sinus communications will normally close on their own. However, some do not resolve and may require a surgical procedure. Following your doctor’s advice and sinus precautions is the best way to aid the healing process. Failure to do so may compromise your final outcome. If symptoms persist or recur it is imperative that you call our office so that we may reevaluate your condition.

It is important that you keep all future appointments until the problem has resolved.

*I have received written instruction on post-operative care.

Date _____ Doctor _____

Patient _____ Witness _____