



Sinus Precautions

If you had a tooth extraction, the general postoperative instructions still apply. Because of the relationship between the sinus cavity and the upper teeth, a communication between the mouth and the sinus sometimes results from oral surgery. If you have been told that you have or may have a communication from the sinus, certain precautions on your part will assist in healing this area. We ask that you faithfully follow these instructions for your healing process for the next **14 days**.

- DO NOT blow your nose for **2 weeks**.
- If you must sneeze, do so with your mouth open to avoid any unnecessary pressure on the sinus area.
- DO NOT smoke or use smokeless tobacco for **2 weeks**. Smoking greatly inhibits healing.
- DO NOT take liquids in through a straw for **2 weeks**.
- DO NOT lift or pull up on your lip to look at the stitches, as this may create damage and tear the stitches.
- Take your antibiotics as directed and until finished.
- You may have some bleeding from the nose. This is not uncommon and should pass quickly.
- Take antihistamine or decongestants **2 times a day for 10 days**.
- Use Afrin Nasal Spray for **2 weeks**.

If you experience any changes in your condition, especially if pain or drainage has increased, please contact our office, and let us know as soon as possible. Until the complication has resolved, it is important that you keep all future appointments.