

POST-OPERATIVE INSTRUCTIONS FOR A SINUS CLOSURE

SINUS PRECAUTIONS

Because of the close relationship between upper back teeth and the sinus cavity, a communication between the sinus and mouth sometimes results from surgery. Certain sinus precautions will assist in healing.

1. Take prescription medications as directed.
2. You may be asked to take an over the counter antihistamine or decongestant such as Sudafed or Claritin-D.
3. Avoid smoking for several days.
4. Avoid forcefully spitting for two (2) days.
5. Avoid chewing food on the side of the surgical closure.
6. Avoid blowing your nose for at least two (2) weeks in order to prevent the surgical closure from opening. Minor bleeding from the nose and mouth is common after surgery.
7. Sneezing may cause undesired sinus pressure. If necessary, keep your mouth open during the sneeze.
8. Gently rinse your mouth out using salt water only.

It is important to keep all future follow up appointments until the sinus closure has completely healed.

Please keep our office informed of any changes in your condition, especially if drainage persists or pain increases.