

SINUS PRECAUTIONS

The sinus cavity is the hollow air space above and near the teeth on either side of your upper back jaw, which lies alongside and connects with your nose. When a tooth that is located extremely close to this sinus is removed, patients may be instructed to follow these special post-operative precautions to allow for proper healing.

Occasionally experiencing a few drops of bleeding from your nose is not unusual and is not cause for alarm. It is very important that you return for your scheduled post-op appointment so we can evaluate how you are healing. In the meantime, please follow these instructions very carefully for the next 3-4 weeks or until your follow-up visit with us:

- ✓ *Do not* blow your nose! If you have a runny nose please wipe it gently.
- ✓ *Do not* use a straw for drinking.
- ✓ *Do not* smoke.
- ✓ Try to avoid sneezing. If you feel the urge to sneeze, do so with your mouth open- *do NOT* block the sneeze by pinching your nose!
- ✓ Avoid swimming, scuba diving, playing a wind instrument, blowing up balloons, or other things that cause pressure changes in your mouth/head.
- ✓ If you feel congested or have a runny nose, use an over-the-counter nasal decongestant or antihistamine (Sudafed®, Claritin-D® 24, etc.).
- ✓ Avoid bending over- try to keep your head above the level of your heart.
- ✓ Sleep with your head slightly raised.
- ✓ *Do not* strain by pushing or lifting heavy objects.
- ✓ Chew softer foods on the other side of your mouth (opposite the extraction).
- ✓ Take any antibiotics or other medications as prescribed.
- ✓ Do not use a Waterpik® near the site, however gentle swishing of water or saline is recommended.