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## **Post-Operative Instructions: Sinus Precautions**

Care of your mouth after surgery has an important effect on healing. Swelling, discomfort, and restricted jaw function are normal. These may be minimized by following the instructions below. Please contact us if you have problems!

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. Patients that have had a tooth removed near the sinus cavity or an implant procedure/bone grafting involving the sinus need to follow some special post-operative precautions to avoid pressure changes and actions that could possibly negatively impact healing.

Please follow these instructions carefully for the next 3–4 weeks.

- Do not blow your nose! Wipe nasal secretions gently.
- Do not use a straw.
- Do not smoke.
- Try to avoid sneezing. If you do sneeze, sneeze 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.
- If you feel congested or have a runny nose, use an over-the-counter nasal decongestant or antihistamine (Sudafed®, Claritin-D® 24, etc.).
- Keep the site in your mouth clean as instructed by gently rinsing beginning the day after surgery. Do not use excessive force while rinsing. Avoid brushing directly over the area for the first 2 weeks. Leave the site alone—don't touch it with fingers, toothpicks, etc. Do not use a Waterpik® near the site.
- 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.
- Take any antibiotics or other medications as prescribed.

Occasionally experiencing a few drops of bleeding from your nose is not unusual and is no cause for alarm.

Please return for your scheduled post-op appointment. Contact our office if you should have any problems or questions in the meantime.