

SINUS PRECAUTIONS:

Because of the close relationship between upper back teeth and the sinus, a communication between the sinus and mouth sometimes results from surgery. That complication 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 your prescriptions as directed.**
- 2 Do not forcefully spit for several days.**
- 3 Do not smoke for several days.**
- 4 Do not use a straw for several days.**
- 5 It is best to wipe away nasal secretions carefully. Do not forcefully blow your nose for at least two weeks, even though your sinus may feel “stuffy” or there may be some nasal drainage. After 2 weeks, if you must blow your nose, blow gently through both sides at the same time. Do not blow up balloons. Do not play a wind instrument.**
- 6 Try not to sneeze; it will cause undesired sinus pressure. If you must sneeze, keep your mouth open.**
- 7 Eat only soft foods for several days, always trying to chew on the opposite side of your mouth.**
- 8 Do not rinse vigorously for several days. Gentle salt water swishes may be used. Slight bleeding from the nose is not uncommon for several days after surgery.**
- 9 Do not lift or push objects weighing more than 20 pounds**

10 Keep your head above the level of your heart. Sleep with your head slightly raised. Please keep our office advised of any changes in your condition, especially if drainage or pain increases. It is important that you keep all future appointments until this complication has resolved.