



# PHOENIX

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## ORAL & FACIAL SURGERY

### POST-OP INSTRUCTIONS FOR PROCEDURES INVOLVING THE SINUS

#### SINUS PRECAUTIONS

Because of the close relationship between upper back teeth and the sinus, a *communication* or “hole” between the sinus and mouth sometimes results from surgery. When this complication occurs, healing often proceeds slowly and with difficulty. Certain precautions, however, can assist healing and we ask that you faithfully follow these instructions for about 3 weeks:

1. Take any prescriptions or medications as directed.
2. Do **NOT** spit forcefully for *at least* 1 week.
3. Do **NOT** smoke for *at least* 3 weeks. Smoking will *greatly* increase the chances of a postoperative infection or poor healing result. Over the counter nicotine patches are suggested as an alternative means of controlling cravings during this time.
4. Do **NOT** use a straw for *at least* 1 week.
5. Do **NOT** forcefully blow your nose for at least 3 weeks, even though your sinus may feel “stuffy” or there may be some nasal drainage. You may use cotton swabs to gently clean out the nose if needed.
6. **Try to AVOID sneezing** because this action will cause unwanted sinus pressure. One useful trick is to grab and rub your nose hard when the feeling of sneezing arises. **If you must sneeze, try to keep your lips apart or open but teeth clenched, to let the air escape outward between your teeth.**
7. Eat only soft foods for several days, always trying to chew on the opposite side of your mouth.
8. Do **NOT** swish or rinse vigorously for several days. After 3 days, **gentle** salt water swishes may be used.

Slight or intermittent bleeding from the nose is not uncommon for several days after surgery. Bleeding should slow and progressively stop with time.

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.