

SINUSES POST-OPERATIVE INSTRUCTIONS

Sometimes the after-effects of oral surgery are quite minimal, so not all of the instructions may apply. Common sense will often dictate what you should do. However, if you have a question, follow these guidelines or call our office for clarification. Our number is: 785-829-8200

Caring for your sinuses after Oral Surgery

Teeth in the upper jaw are often positioned very close to the sinuses. In some cases, a communication between the tooth socket and the sinus cavity may develop. In many instances, no treatment is indicated. However, you may be placed on precautions in order to aid healing.

Sinus Precautions:

1. If prescribed, take medication as directed
2. Do **NOT** spit for several days.
3. Refrain from blowing your nose for at least 2 weeks.
4. Try not to sneeze. If you must sneeze, try to do so with your mouth open.
5. Do **NOT** use a straw
6. Do **NOT** smoke
7. Eat soft foods and chew on the opposite side
8. Follow oral hygiene instructions

It is common to have a slight amount of bleeding from the nose.

Sinus Communications will normally close on their own. However, some do not resolve and may need a surgical procedure to close it. Following your doctor's advice and the sinus precautions is the best way to aid the healing process. Failure to do so may compromise your final outcome. If symptoms persist or recur, it is imperative that you call our office so that we may re-evaluate your condition.

It is important to understand that failure to follow any instructions as indicated above may result in serious complications, significant detriment to your health, and in some cases may be life threatening.

Please understand your overall health and well being during the healing period is extremely important to us.