

After Sinus Communication

Because of the close relationship between the upper back teeth and the sinus cavity, a communication between the sinus and the mouth sometimes results from surgery. If you have been told that you may have a communication from the sinus, certain precautions will assist healing this area. We ask that you faithfully follow these instructions.

- ➔ Take prescription medications as directed
- ➔ Do not forcefully spit for several days
- ➔ Do not smoke for at least 7 days
- ➔ Do not use a straw for several days
- ➔ Do not forcefully blow your nose for at least 2 weeks, even though your sinus may feel "stuffy" or there may be some nasal drainage.
- ➔ If you must sneeze, keep your mouth open and don't try to hold it in
- ➔ Do not vigorously rinse for several days. Gentle salt water rinses may be used
- ➔ You may use a nasal decongestant such as Sudafed or a nasal spray such as Afrin to help avoid blowing your nose
- ➔ Slight bleeding from the nose is not uncommon for several days after surgery.

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.