



Post Surgical Instructions – Sinus Precautions

SINUS PRECAUTIONS:

During tooth removal, the sinus may be opened, entered, or bruised. Damage to the sinus can occur when the tooth is very near or extends into the sinus or when there is no bone between the tooth root and the sinus. Additionally, if you had a sinus lift procedure you must follow specific care instructions. Special care must be taken to ensure proper healing of your sinus.

Things to avoid:

- Blowing your nose
- Sneezing: If you must sneeze, keep your mouth open and do not pinch your nose closed
- Sucking on a straw
- Smoking
- Rinsing mouth vigorously
- Pushing or lifting objects weighing over 20 pounds
- Bending over
- Playing wind instruments
- Swimming

Things to remember:

- Use Afrin nasal spray (over the counter) two puffs each nostril twice a day
- Alternatively, you may take the medication Sudafed for 1 week (this is an over the counter medication that is located behind the pharmacy counter – ask your Pharmacist)
- Maintain good oral hygiene
- Call the office if unusual nasal discharge, bleeding, or other concerns occur