

SINUS EXPOSURE POST-OPERATIVE INSTRUCTIONS

Because a close relationship exists between the upper teeth and our normal sinus anatomy, a communication may develop after extracting these teeth. In most cases, following the instructions below will assist your healing phase. There is a possibility that a second procedure may be required to close a communication if it persists.

Instructions to Follow:

1. Take all prescriptions as instructed
2. Do not blow your nose for three days after the procedure
3. If you feel the urge to sneeze, sneeze with your mouth open (do not hold your sneeze in)
4. Do not use straws for three days after the procedure
5. Do not smoke for three days after the procedure
6. Eat soft foods for several days (mashed potatoes, yogurt, pasta, eggs, oatmeal etc). Chew on the opposite side as your surgery if possible
7. Do not rinse or spit forcefully for three days. You may brush your teeth and allow the water/saliva to gently flow out of your mouth.
8. Please contact your surgeon's patient care coordinator if you have any other questions.

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If there is an after-hours or weekend emergency, please call at (919) 966-4131 and ask for the **Oral and Maxillofacial Surgery Resident on call.**