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POSTOPERATIVE INSTRUCTIONS SINUS PRECAUTION

Because of the close relationship between your upper back teeth and the sinus, a communication between the sinus and mouth sometimes results from the surgery. Sometimes, in the case of sinus lift/bone grafting for dental implants, the sinus is purposefully entered into. In either case, certain instructions can assist with healing.

1. Do not forcefully spit for several days.
2. Do not forcefully blow your nose for a month, even though your sinus may feel “stuffy” or there may be some nasal drainage.
3. Try not to sneeze as it may cause undesired sinus pressure. If you must sneeze, do it with your mouth open.
4. Avoid chewing on the surgery site.
5. Slight bleeding from the nose is not uncommon for several days after surgery.
6. Please keep our office advised of any changes in your condition, especially if drainage, stuffiness, or pain increases. It is important for you to keep any of your postoperative appointments.
7. If you have no medical contradictions, “Afrin” and “Sudafed” can be purchased from your pharmacist to help minimize nasal drainage or congestion.
8. Take medication, as prescribed. Refer to the medicine bottle for correct dosage. If the pain medication is not working, do not double/increase the dosage. Instead, contact the office.

