



## Instructions for Sinus Exposure

Because of the close relationship between upper back teeth and the sinus cavity, a communication or opening between the sinus and the mouth sometimes occurs after removal of a tooth. This could result in a slowed healing or, rarely, a long term connection in the area if it is not taken care of properly. Certain precautions will assist in healing and we ask that you faithfully follow these instructions:

- 1) Take all prescriptions as directed
- 2) Do not forcefully spit for 10 days
- 3) If you smoke, do not smoke for 10 days (use gum or patches)
- 4) Do not use a straw for 10 days
- 5) Do not forcefully blow your nose for 14 days even though your nose and sinuses may feel stuffy or nasal drainage may occur
- 6) If you must sneeze, do so with your mouth open
- 7) Eat only soft foods for 14 days and try to chew on the other side
- 8) Do not rinse your mouth forcefully. You must however gently swish salt water to keep the area clean. Brush very gently in the area.

Slight nose bleeds may occur for several days following the procedure. Call our office if nose bleeds cannot be controlled or pain increases or if you notice swelling. Following these instructions will increase the chances that the area will heal without any further intervention.