

AMHERST ASSOCIATES OF ORAL & MAXILLOFACIAL SURGERY, P.C.

POST-OPERATIVE INSTRUCTIONS FOLLOWING SINUS COMMUNICATION

Because of the close relationship between upper back teeth and the sinus, a communication between the sinus and mouth sometimes results from surgery. That complication has occurred in your case and certain precautions will assist healing. We ask that you faithfully follow these instructions:

1. Take prescriptions as directed.
2. Do not forcefully spit for several days.
3. Do not smoke.
4. Do not use a straw for several days.
5. Do not forcefully blow your nose, even though your sinus may feel “stuffy” or there may be some nasal drainage.
6. Try not to sneeze; it will cause undesired sinus pressure. If you must sneeze, keep your mouth open.
7. Eat only soft foods for several days, always trying to chew on the opposite side of your mouth.
8. Do not rinse vigorously for several days. Gentle salt-water swishes may be used.

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 the following occurs: drainage or pain increases, you are able to pass air through the extraction site and/or you get water in your nose when you rinse or eat. It is important that you keep all future appointments until this complication has resolved.