

Caring for your sinuses after oral surgery:

Due to the close relationship of the mouth to the sinuses, removal of upper teeth may leave a communication between your mouth and sinus cavity. Because of this it is important for you to follow these instructions:

1. Take all prescriptions as directed.
2. Refrain from blowing your nose for 2 weeks.
3. Try to sneeze with your mouth open.
4. Do not drink with a straw.
5. Do not smoke.
6. Eat soft foods and chew on the opposite side.
7. Follow oral hygiene instructions and avoid rinsing too vigorously.

It is not uncommon to have a slight amount of bleeding from the nose. Please call us if it is extensive or recurring.

These sinus communications will normally close up on their own. However, some may not resolve on their own and they may require a secondary procedure for closure. If the symptoms persist or reoccur, it is important that you call our office so that we may re-evaluate the situation.

It is important to understand that failure to follow any of these instructions may result in serious complications, significant detriment to your health, and in some cases, may be life-threatening. Your doctor is available to answer any questions concerning your surgery.