Post- Operative Instructions- Sinus

Sinus Precautions:

Because of the close relationship between upper back teeth and the sinus, communication between the sinus and mouth sometimes results from surgery. That complication has occurred in your case, which often heals slowly and with difficulty. Certain precautions will assist in healing, and we ask you faithfully to follow these instructions:

1. Take prescriptions as directed
2. Do not forcefully spit for several days
3. Do not smoke for several days
4. Do not use a straw for several days
5. Do not forcefully blow your nose for at least two weeks, 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 try to chew on the opposite side of your mouth.
8. Do not rinse vigorously for several days. Gentle saltwater swishes may be used along with Peridex we prescribe.

Slight bleeding from the nose is not uncommon for several days after surgery.

Please keep our office advised of any changes in your conditions, especially if drainage or pain increases. It is important that you keep all future appointments until this complication has been resolved.

Our number is 801-277-3942 don’t hesitate to call.