

CENTRE ORAL & FACIAL SURGERY

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INSTRUCTIONS FOR SINUS PRECAUTIONS

Please read this handout carefully and keep it as a reference for after surgery. Every surgical procedure is different, so not all of the instructions may apply. Common sense will often dictate what you should do. When in doubt, or if you have any questions not addressed below, please do not hesitate to call.

Sinus Communication

A communication between the sinus and mouth can result from surgery because of the close relationship between the upper back teeth and the sinus. This may have occurred in your case. This can sometimes cause difficulties and slow healing. You may experience some sinus congestion for the next several days to weeks.

Certain precautions will assist healing and we ask that you faithfully follow these instructions:

- **Avoid** forcefully spitting or blowing your nose for the next 10-14 days. If you need to blow your nose, do so as gentle as possible.
- **Try not to sneeze.** It will cause undesired sinus pressure. If you must sneeze, keep your mouth open.
- If you experience **sinus or nasal congestion**, use a decongestant nasal spray, but prudently. You should not use the nasal decongestant sprays (i.e. Afrin) more than two times per day.
- Keep nasal passages moist with saline nasal sprays. You cannot overuse **saline** nasal sprays.
- Take all medications as prescribed.
- Do not smoke.
- Do not use a straw.

Bleeding

You may experience a small amount of bleeding or drainage of blood from your nose. Do not be alarmed if this happens. If severe nasal bleeding occurs, call the doctor immediately.

Please remember that your follow-up visits are very important.

Our 24 hour, 7 days a week contact number is 814-235-7700.

Our web site, **centreoms.com**, has additional information that you may find useful.