

ORAL AND MAXILLOFACIAL SURGERY POST-OPERATIVE INSTRUCTIONS

SINUS PRECAUTIONS:

Because of the close relationship between upper back teeth and the sinus, a communication between the sinus and mouth sometimes results from surgery. If that complication has occurred in your case, it often heals slowly and with difficulty. Certain precautions will assist healing and 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 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 if your sinus may feel “stuffy” or if there is some nasal drainage.
6. Try not to sneeze; sneezing causes undesired sinus pressure. If you must sneeze, keep your mouth open and do NOT “hold in” your sneeze. Try not to “sniffle”; instead wipe nasal drainage with a tissue.
7. Eat only soft foods for several days, always trying to chew on the opposite side of your mouth from the implant surgery site.
8. **Do not rinse vigorously for several days.** Gentle salt water rinses/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 drainage or pain increases. It is important that you keep all future appointments until this complication has resolved.