VALENTINE
Oral & Maxillofacial Surgery

Patient Instructions: After Sinus Exposure

Because of the close relationship between upper back teeth and the sinus, a communication or "opening" between the sinus and mouth sometimes results from surgery. This opening between your mouth and sinus has occurred in your case. 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 10-14 days.
4. Do not use a straw for several days.
5. Do not blow your nose for two weeks, even though your sinus may feel "stuffy" or there may be some nasal drainage. You may wipe any nasal drainage with a tissue.
6. Neti pot/nasal irrigation and all nasal sprays may be used as normal.
7. Breathing assist devices for sleep apnea (CPAP) may be used as normal.
8. Try not to sneeze; it will cause undesired sinus pressure. If you must sneeze, keep your mouth open.
9. Eat only soft foods for several days, always trying to chew on the opposite side of your mouth.
10. Do not rinse vigorously for one week. 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 drainage or pain increases. It is important that you keep all future appointments until the opening in your sinus has resolved.