



FACS

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### **Post-Operative Sinus Precaution Instructions:**

Because of the close relationship between upper back teeth and the sinus, a communication between the sinus and mouth sometimes results from surgery. That complication has occurred in your case which sometimes 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 TWO weeks.
3. Do not smoke for TWO weeks.
4. Do not use a straw for TWO weeks.
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 our mouth.
8. Do not rinse vigorously for several days. 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 this complication has resolved.

**If you have questions or concerns please call our office: 775.237.2038**