



## Special Precautions Following Your Sinus Bone Graft or Sinus Exposure Surgery

Maxillary sinuses are in a close relationship with the upper back teeth. Surgical procedures such as dental extractions or sinus bone grafting may result in communication between the sinus and the mouth. When this complication occurs, it often heals slowly and with difficulty. Special precautions given to you will assist in healing and we ask that you faithfully follow them.

### **Special Precautions:**

- **Do not** under any circumstances blow your nose for at least 2 weeks, even though your sinus may feel "stuffy" or there may be some nasal drainage. You may wipe your nose gently with tissues.
- **Do not** sneeze while holding your nose closed for at least 2 weeks, it will cause undesired sinus pressure. Sneeze with your mouth open to relieve pressure.
- **Do not** perform the following activities for at least 2 weeks as it may cause undesired sinus pressure:
  - "Bearing down"—as when lifting heavy objects
  - Blowing up balloons
  - Playing musical instruments that require a blowing action (wind instruments)
  - Any other activity that can increase nasal, sinus or oral pressure
- **Avoid** air traveling or Scuba diving for at least 2 weeks as it may increase sinus pressure.
- **Do not** forcefully spit for two weeks. **Do not** use a straw for several days.
- **Do not** rinse vigorously for several days. Gentle warm salt-water swishes may be used.
- **Do not** smoke for two weeks.
- Eat only soft foods for several days, always trying to chew on the opposite side of your mouth.

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

Antibiotics, steroids and decongestants (Sudafed-behind the counter) may be prescribed or recommended to manage the sinus environment. Please take these as directed.

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.

***CONTACT EMERGENCY MEDICAL SERVICES ("EMS") OR CALL "911" IF:***  
-You have severe uncontrolled bleeding (and cannot reach your surgeon)  
-Patient loses or has lost consciousness

**AFTER HOURS EMERGENCIES ONLY: ()**