

## **Sinus Precautions**

Occasionally, after removal of an upper tooth, the upper maxillary sinus will become exposed because a root tip extended into the sinus. This is usually not a significant problem, however, occasionally this can cause healing problems with the development of a sinus infection or a permanent communication between the mouth and sinus that needs to be later repaired surgically. To try to avoid any of these complications, please review the list of instructions below if Dr. Collins and staff suggested that you had a sinus communication after surgery:

1. Please do not blow your nose until otherwise instructed. Rather than blowing your nose, we would prefer that you use a saline nose spray to sniff backwards and clean out your nasal passages. This will also allow for better drainage of your sinus cavity and therefore reduce the risk of any postoperative complications.
2. Please take all of your medications as prescribed. You may have been placed on antibiotics for one to two weeks, and also, you may have been given a medicine to try to keep your sinus cleaned out better. Decongestants may raise your blood pressure and if you are prone to high blood pressure you may want to have your blood pressure checked while being on this medication.
3. If you have to sneeze-sneeze only with your mouth open. This will prevent large pressure from developing in your sinus which could complicate healing.
4. Keep your head elevated for two to three days.
5. Keep ice on your cheek and face, as instructed, for the first 24-hours.
6. Use the saline nasal spray, as discussed above, at least three to four times daily. You cannot use the saline nasal spray too much! If you are severely congested, you may also use Afrin nasal spray two to three times a day.
7. The remaining oral surgery instructions should be followed as directed in the postoperative brochure. It is important to begin salt water rinses one to two days after surgery, and also, brush your tongue as well as your teeth to keep your mouth as clean as possible. Also, please try to avoid touching the sutures with your tongue.