

OPEN & AFFORDABLE DENTAL BRACES

SINUS PRECAUTIONS

Because of the close relationship between the 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 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 2 weeks.
3. Do not smoke for Four (4) weeks.
4. Do not use a straw for four (4) weeks.
5. Do not forcefully blow your nose for at least 4 weeks even though your sinus may feel "stuffy" or there may be some nasal drainage. Using a saline nasal mist (Ary, Ocean Premium, etc.) may help with stuffiness. This is available over the counter in the pharmacy section of most stores. You can also use a decongestant like Sudafed. Allegra-D, or Zyrtec-D.
6. Try not to sneeze; it will cause undesired sinus pressure. If you must sneeze, keep your mouth open and do not pinch your nose.
7. Eat only soft foods for several days, always trying to chew on the opposite side of your mouth.
8. Do not rinse vigorously for several days. Gentle saltwater swishes may be used.
9. No Forceful spitting

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.