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### Sinus Precautions

- Due to the close relationship between the teeth of the upper jaw and the sinus cavity, an opening may be present following a dental extraction. The opening will generally resolve on its own if directions are followed, but in certain cases a second procedure may be needed to close the opening. It is imperative to follow the instructions given in order to help ensure proper closure.
- Do not blow the nose for 4 weeks. If sneeze or cough, open mouth slightly to avoid air pressure buildup in the sinus. Use over the counter saline nasal spray and Kleenex to clear the nose if necessary.
- Avoid sucking on a straw or smoking cigarettes or any other situation that could produce air pressure changes for 4 weeks.
- Avoid vigorous post-op rinsing.
- Please take all prescribed medications as directed.
- Please take an over the counter decongestant such as Sudafed or Claritin-D as directed and as needed for nasal or sinus congestion.
- Small amounts of water in your nose or slight bleeding from your nose is not uncommon.
- Eat soft foods for several days after the procedure and try to chew on the opposite side as much as possible.
- We will follow up in the office to ensure proper closure and as always, please feel free to call our office with any questions or concerns. It is our pleasure to assist in any way that we can.

