



SINUS PRECAUTION INSTRUCTIONS

Post-Operative Sinus Care

You are being given these instructions to protect your sinuses and to help prevent complications. There is a close relationship between the teeth and the sinus. When a tooth is removed, it may leave a communication between the mouth and the sinus. Because your sinus is unusually large, your roots are long, or a combination of both, your sinus may have been exposed when the tooth was removed. It is not uncommon to have blood in the nasal discharge for several days. Notify our office if any symptoms develop that seem unusual to you.

PLEASE FOLLOW THESE INSTRUCTIONS FOR 14 DAYS

- **DO NOT** blow your nose. Air pressure must not be increased in the nasal or sinus cavities.
- **TRY NOT** to sneeze. If you should, keep your mouth open to prevent an increase in air pressure in the sinus cavities.
- **DO NOT** use a straw.
- **DO NOT** spit.
- **DO NOT** rinse vigorously for several days. Chew on the opposite side as much as possible.
- **DO NOT** fly in an airplane.
- **DO NOT** swim or submerge your head.
- **DO NOT** do any vigorous exercising.
- **DO NOT** SMOKE.

PLEASE OBTAIN AND TAKE THE FOLLOWING MEDICATIONS

- **Afrin** (over-the-counter nasal spray) as directed on the bottle for 3 days only.
- **Sudafed ER** (over the counter — ask the pharmacist) 120 mg by mouth every 12 hours for the next 7–14 days. If you are still congested, continue taking every 12 hours as needed.
- **Augmentin** (prescription) 875 mg by mouth 2 times a day until gone for 7–14 days.

or

- **Clindamycin** (prescription) 300 mg by mouth 4 times a day until gone for 7–14 days.

It is possible that even with all these precautions, an opening from your sinus to your mouth may develop and persist. In this event, the **surgical closure of this opening will be required** to assure the complete healing of the extraction site and sinus cavity.

Please Call Our Office If You Have Any Questions.

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Thank you for trusting us with your care. We wish you a smooth and speedy recovery!