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POST-OPERATIVE INSTRUCTIONS FOR SINUS EXPOSURE

Because a close relationship exists between upper teeth and our sinus, a communication may develop after removal of these teeth. The bone between the upper teeth and sinus is usually thin and sometimes nonexistent. There is a membrane (layer of tissue) that lines the sinus and separates it from the teeth. Your doctor has determined that after removal of your tooth, a communication now exists. In most cases, carefully following the instructions below will assist in your healing. But the possibility exists that a second procedure may be required to close a persistent communication. We ask that you:

- ❖ Take all prescriptions as directed
- ❖ Refrain from forcefully blowing your nose for 14 days
- ❖ Try not to sneeze; it will cause undue sinus pressure. If you do, try to keep your mouth open
- ❖ Do not use a straw for taking liquids for 14 days
- ❖ Refrain from vigorously rinsing your mouth for 14 days
- ❖ Eat only soft foods for several days and chew your food on the opposite side if possible

Slight bleeding from the nose on the side of the extraction is not uncommon. The use of tobacco is detrimental to healing. In the case of a sinus communication, smoking will delay or interfere with the healing. We have scheduled you for a follow-up appointment in one week. Please make sure that you contact our office if you cannot keep this appointment, since close follow-up is necessary.