



**ADVANCED ORAL AND MAXILLOFACIAL SURGERY, LTD.**  
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**SINUS INVOLVEMENT INSTRUCTIONS**

Because of the close relationship to the sinus, many times when a tooth is extracted, it will leave a communication between the mouth and the sinus. Due to the close proximity of the sinus to your surgery site, it is important for you to follow these instructions:

- Take prescriptions as directed.
- Bite on the gauze pack that has been placed over the wound for at least two hours.
- Refrain from spitting for several days.
- Do not blow your nose.
- Do not sneeze through your nose. If the urge to sneeze arises, sneeze with your mouth open.
- Do not use a straw or smoke.
- Avoid swimming or strenuous exercise for at least one week.
- Begin gently rinsing with a saline solution of ½ teaspoon of salt in 8 oz. of water the day following surgery.
- Eat a soft or liquid diet. Chew on the opposite side of your mouth as much as possible.
- Maintain good oral hygiene.

It is not uncommon to have a slight amount of bleeding from the nose for several days. Please call us if it is extensive or reoccurring.

These sinus communications will normally close on their own. However, some do not resolve on their own and may require a secondary procedure, particularly if these instructions are not followed, or due to factors beyond the control of anyone involved. If symptoms persist or reoccur, it is imperative that you call our office so that we may reevaluate the situation.

It is important to understand that failure to follow any of the instructions as indicated above may result in serious complications, significant detriment to your health, and in some cases may be life threatening. Your doctor is available to answer any questions concerning your surgery.