

POST-OPERATIVE INSTRUCTIONS

Sinus Precautions

It is common for teeth in the upper jaw to develop in close proximity to the sinus of the upper jaw (Maxillary Sinus).

When the root or roots of the tooth extend into the sinus, a communication between the sinus and the mouth may occur as the tooth is removed.

The healing of such a communication is generally good. Uncontrollable factor such as the size of the communication and quality of the bone and gum tissue may complicate the healing process. In order to maximize the likelihood for favorable healing, it is absolutely necessary that the following directions be followed precisely:

1. Maintain an equal pressure between the sinus and mouth at all times.
 - a. Do not blow the nose
 - b. Do not play a wind instrument
 - c. Do not use a straw
 - d. Do not smoke
2. If a cough or sneeze is unavoidable, then open the mouth, turn the head toward the floor, and direct the cough or sneeze toward the floor through your open mouth.
3. Gently rinse the surgical sites as directed.
4. Please take all the medications as directed.
5. If the sinus communication is on one side only, then please rest or sleep with the involved side tilted up. Example: If the communications is in the right upper jaw, then sleep with the left side of the face against the pillow.
6. Do not remove sutures (stitches).
7. Some bleeding from the nose may follow surgery. Blot the area. Do not blow the nose. Following these directions precisely will increase the probability of favorable, uneventful healing. Failing to follow these directions could increase the possible need for additional surgery.
8. Please contact Dr. Lee immediately if you are experiencing increasing pain, swelling or pressure, or if you are concerned about how you are healing.

You're going to love the way we treat you!