

TOMASETTI AND MCLAIN
Oral & Maxillofacial Surgery
SINUS PRECAUTIONS

Your doctor has recommended additional precautions for your sinus area. As explained, there is a very close relationship between the upper teeth and the sinuses. Following the removal of upper teeth or surgery on the upper jaw, there is a possibility that an opening or communication between the sinus and mouth may occur. The following instructions are precautions to prevent this from occurring or to allow this area to heal. Please follow these instructions closely.

- Take your prescriptions as directed.
- Do not spit for 7days.
- Do not smoke for 4 weeks. ***We recommend you stop smoking completely.***
- Do not use a straw for 2 weeks.
- Do not forcefully blow your nose for 2 weeks.
- Avoid sneezing if possible; this can cause increased pressure in the sinuses. If you do need to sneeze, do so with your mouth open. Do not hold your sneeze in.
- Eat soft foods for 7 days. Try to chew your food on the opposite side of your mouth.
- Do not rinse vigorously for 7 days.

Slight bleeding from the nose may be seen for up to 10 days following your surgery.

If you have any questions or concerns, do not hesitate to call the office at 303-798-4553. Our Hours are Monday through Thursday 8am-4:30pm and Friday 8am-2pm. We have an after hours answering service available to contact the doctor on call for emergencies.