



PRAIRIE PATH™

ORAL SURGERY • CAROL STREAM

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Post-Operative Instructions - Sinus Precautions

Because of the close relationship between upper back teeth and the sinus, a communication (opening) between the sinus and mouth sometimes results from surgery. Certain precautions will assist healing and prevent further injury, so we ask that you closely follow the following instructions:

1. Do not forcefully spit for several days.
2. Do not smoke for several days.
3. Do not use a straw for several days.
4. Do not forcefully blow your nose for at least two weeks, even though your sinus may feel “stuffy” or there may be some nasal drainage.
5. Try not to sneeze, as doing so may cause undesired sinus pressure. If you must sneeze, keep your mouth open.
6. Eat only soft foods for several days while being cautious to only chew on the side of your mouth that is opposite from your surgery site.
7. Do not vigorously rinse your mouth and/or use mouthwash for several days. You *may* gently swish water if necessary, but exercise caution when doing so.

It is not unusual to experience slight bleeding from your nose for several days after surgery. You may also feel slightly congested.

Please keep our office advised of any changes to your condition, especially if drainage and/or pain increases. It is important that you keep all future appointments until this condition has resolved. Our office can be reached at (630) 909-0500.