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Instructions for Care of the Sinus

OPEN SINUS INSTRUCTIONS

The roots of your upper teeth have grown through the bone into your sinus. Following their removal an opening into the sinus was visible. This opening should close without complications if you help by following these instructions.

1. Please take prescribed medications as directed. These are essential to prevent infection.
2. Use nose drops or other prescriptions as directed.
3. Refrain from any vigorous mouth rinsing.
4. Do not smoke.
5. Do not blow your nose. If necessary, just wipe or blot with a tissue. Some discharge (perhaps containing blood) may be expected for the first few days
6. Avoid sneezing if possible. Heavy pressure with a finger against the upper lip will sometimes break the sneeze reflex. Failing this, if you must sneeze, open the mouth widely during the sneeze to avoid pressure in the nasal and sinus area.
7. Do not engage in sports such as scuba diving or snorkel swimming.
8. Strict adherence to these instructions may prevent the necessity of surgical closure at some later date.
9. Please call this office if you have any questions. (24 hour answering serve)
10. If the opening between the sinus and the mouth does not close an additional surgical procedure may be necessary to close this opening.