



Dr. Gary T. Jones

POST-OPERATIVE INSTRUCTIONS FOR ORAL-ANTRAL COMMUNICATION

SINUS PRECAUTIONS

Because of the close relationship between upper back teeth and the sinus, a communication between the sinus and mouth sometimes results from surgery. This complication has occurred in your case. The communication has been repaired. Certain precautions will assist healing and we ask that you faithfully follow these instructions:

1. Take prescriptions as directed.
2. Do not forcefully spit for one week.
3. Do not smoke for one week.
4. Do not use a straw for two weeks.
5. 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.
6. Try not to sneeze; it will cause undesired sinus pressure. If you must sneeze, keep your mouth open.
7. Eat only soft foods for several days, always trying to chew on the opposite side of your mouth. Do not rinse vigorously for several days. Gentle salt water swishes should be completed four times daily for one week.

Slight bleeding from the nose is not uncommon for several days after surgery.

Please keep our office advised of any changes in your condition, especially if drainage, pain, or bleeding increases. It is important that you keep all future appointments until this complication has resolved. Further treatment may be necessary.