

CARING FOR YOUR SINUSES AFTER ORAL SURGERY

Because of the close relationship to the sinus, occasionally when a tooth is extracted, it will leave a communication between the mouth and the sinus called an *oroantral communication*. If this occurs, it is important for you to follow these sinus precautions instructions to avoid dislodgement of the blood clot and/or other complications during healing ***over the next two weeks***:

- If given, take prescriptions as directed (ex. Penicillin/Amoxicillin/Clindamycin).
- If sinus pain or congestion occurs, take an oral decongestant such as Tylenol Cold and Sinus and/or use a decongestant nasal spray.
- Do not spit for several days and avoid rinsing vigorously.
- Refrain from blowing your nose.
- Try not to sneeze violently or otherwise cause increased pressure in the nose. If you must sneeze, sneeze with your mouth open.
- Do not use a straw or smoke.
- Eat soft foods and chew on the opposite side.
- Follow normal oral hygiene care (brushing and flossing twice a day) but remember to avoid rinsing too vigorously.

It is not uncommon to have a slight amount of bleeding from the nose. Please call us if it is extensive or recurring.

These sinus communications will normally heal and close on their own; however, some do not resolve on their own and may require a secondary procedure, particularly if these instructions are not followed or due to factors beyond the control of anyone involved. If symptoms persist or reoccur, it is imperative that you call our office so that we may book an appointment to see you re-evaluate the situation.

For large communications or those that do not resolve, your dentist may refer you to a specialist for appropriate closure of the communication and/or follow-up care.

It is most important to understand that failure to follow any of the instructions as indicated above may result in serious complications and significant detriment to your health.

If you have any problems or concerns, please call the office.