

SINUS PRECAUTIONS

There is a close relationship between upper teeth and the sinus, communication between the sinus and mouth sometimes results from surgery. Certain precautions will assist healing and we ask that you faithfully follow these instructions:

- If you were prescribed a prescription, take it as directed.
- Do not smoke for 14 days.
- Do not use a straw for 14 days.
- Do not forcefully blow your nose for 14 days, even though your sinus may feel “stuffy” or there may be some nasal drainage.
- If you must sneeze, sneeze with your mouth open to avoid a buildup of pressure in your sinus.
- Eat only soft foods for several days, always trying to chew on the opposite side of your mouth.

Slight bleeding from the nose is not uncommon for 2-3 days after surgery.

Please keep our office advised of any changes in your condition, especially if drainage or pain increases. You must keep your follow-up visits so we can monitor your progress.

Please contact our office at 701-478-4404 with any questions or concerns.