

SINUS INSTRUCTIONS

Because of very close relationship to the maxillary sinus, many times when a tooth is extracted, or a sinus lift/push is performed, it may leave a communication between the mouth and the sinus. This is the situation in your case. Therefore, it is important to follow these instructions:

1. **Take your prescriptions as directed.**
2. Refrain from blowing your nose for two weeks.
3. Try to stifle all sneezes.
4. Do not use a straw.
5. **DO NOT SMOKE**
6. No air travel for two weeks.
7. No submerging your head (swimming) for two weeks.
8. Eat soft foods for several days, chewing on the opposite side if possible.
9. Do not rinse the mouth too vigorously for several days.

In most cases, small mouth-sinus communications heal uneventfully and cause no problems. We will check this area carefully at your post-operative visit.

If you have any questions, please call our office, 714-730-7877.