



HOWARD COUNTY

Oral & Maxillofacial Surgery

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Sinus Care & Precautions

Because of the close relationship between upper back teeth and the sinus, communication between the sinus and mouth can result from surgery. Certain precautions will assist healing and we ask that you faithfully follow these instructions:

- Take prescriptions as directed.
- Do not forcefully spit for two weeks.
- Do not smoke for two weeks.
- Do not use a straw for two weeks.
- Do not forcefully blow your nose for two weeks, even though your sinus may feel “stuffy” or there may be some nasal drainage.
- Try not to sneeze; it will cause undesired sinus pressure. If you must sneeze, keep your mouth open.
- 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 saltwater swishes may be used.
- Take over-the-counter decongestants such as Sudafed, Claritin D, or Zyrtec D to relieve congestion.
- Use an over-the-counter Nasal Steroid Spray such as Nasacort or Flonase for up to 2 weeks.
- You may find a nasal saline spray or “Neti Pot” to be helpful in relieving any congestion as well.

Slight bleeding from the nose may occur for several days after surgery.

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