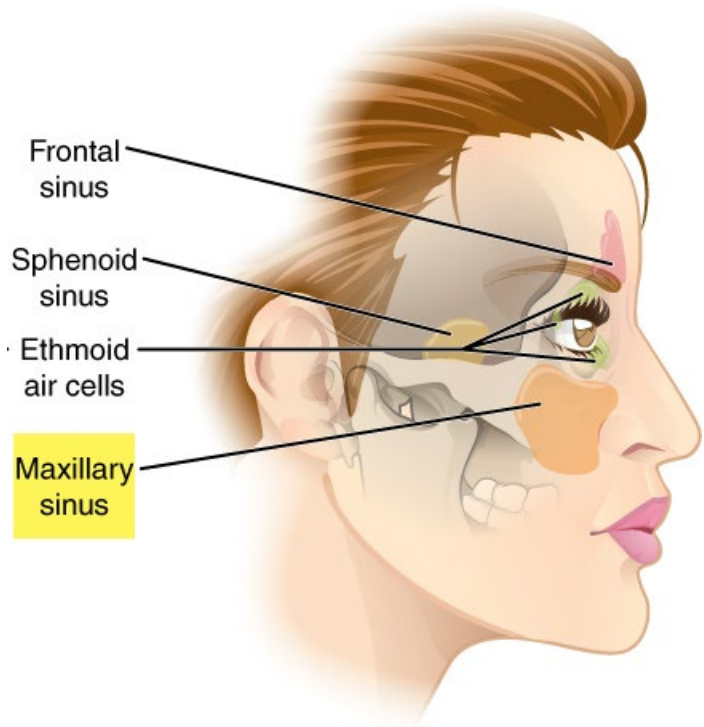


## Post-Operative Instructions Sinus Precautions

Sometimes, the roots of teeth in your upper jaw (known as your “maxilla”) may be located in or near sinus cavities. These sinuses, also known as “maxillary sinuses,” are hollow spaces that are above teeth and connect with your nose. Having a tooth removed that is in or near your sinus may result in an opening from your mouth into your sinus or a “sinus exposure”.



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If your provider informs you that you have an opening from your mouth into your sinus, following proper precautions may help the openings to heal on their own. The instructions for these precautions are listed below. Larger openings may require additional procedures to help you heal. If needed, your doctor will discuss this with you.

You need to follow these instructions carefully for the next 3-4 weeks or as long as your provider recommends.

### **Medications:**

Your doctor may prescribe you an antibiotic and recommend that you use an over-the-counter nasal decongestant. Take all medications as directed.

**Oral Hygiene:**

- Keep the site in your mouth clean by gently rinsing with water beginning the day after your procedure.
  - Do not use excessive force while rinsing and do not use a water flosser such as a Waterpik near the site.
- Brush the remainder of your teeth at least twice per day. It is important to keep your mouth clean.
  - When brushing teeth near the open site, be very careful and avoid brushing directly over the area for the first 2 weeks.
- Do not smoke.

**Avoid pressure changes:**

- Do not blow your nose! If you have a runny nose, wipe your nose gently.
- Try to avoid sneezing. If you do sneeze, sneeze with your mouth open to avoid pressure build up.
- Do not use a straw.
- Avoid bending over — try to keep your head above the level of your heart.
- Sleep with your head slightly raised.
- Do not strain by pushing or lifting heavy objects.
- Avoid the following activities:
  - Swimming
  - Scuba diving
  - Playing a wind instrument
  - Blowing up balloons, or other things that cause pressure changes in your mouth.

**Diet:**

Eat soft foods and chew on the other side of your mouth to avoid trauma to the site while your are healing.

**Bleeding:**

You may have occasional mild oozing from your procedure site or a few drops of blood from your nose. This is not unusual and is no cause for alarm.

If you have more moderate bleeding, bleeding that cannot be stopped, or recurrent bleeding, please contact the clinic.

**To reduce nasal congestion:**

You may be given prescription medication or be directed to use an over the counter nasal decongestant, either will help with congestion. Be sure to take as directed.

**Follow-up:**

Please return for your scheduled post-op appointment to make sure that you are healing. Contact the University of Michigan Oral and Maxillofacial Surgery and Hospital Dentistry Clinic at (734) 936-5950 if you have any problems or questions in the meantime.

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