



ASSOCIATES IN ORAL & MAXILLOFACIAL SURGERY

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SINUS PRECAUTIONS

1. Because of the location of the upper teeth in relation to your sinuses, certain precautions should be taken to insure adequate healing in the event that a sinus communication is present. Please follow these instructions until you are seen for your post-operative visit.
2. Avoid any situation which might raise sinus pressure; this includes sneezing and blowing your nose. If you have to sneeze, do so with your mouth open.
3. Avoid sucking through a straw.
4. For nasal stuffiness, use nasal decongestants such as Afrin, Neo-Syneprine, etc. The doctor may prescribe oral decongestants in addition to this.
5. Take antibiotics or other medications if prescribed.
6. Avoid smoking. Smoking causes negative pressure and inhibits healing.
7. Follow instructions for routine post-operative oral surgery.

Note: If you have problems associated with your procedure(s), please call our office at (520) 745-6531. If you call after normal office hours, you will receive our answering service and our on-call doctor will be able to assist you.