



4913 Golden Foothill Parkway
El Dorado Hills, CA 95762
Office: 916.941.9860
Fax: 916.941.9860

SINUS EXPOSURE POSTOPERATIVE INSTRUCTIONS

Because a close relationship exists between upper teeth and our natural sinus anatomy, a possible communication may develop after extraction of these teeth. In most cases, following the instructions below will assist your healing phase. But, the possibility exists that a second procedure may be required to close a communication if it develops between your mouth and the sinus. You may even notice slightly red nasal secretions after blowing your nose. Do not be alarmed.

INSTRUCTIONS TO FOLLOW:

1. Take all prescriptions as directed.
2. Refrain from forcefully blowing your nose for 14 days.
3. Try not to sneeze. If you do, try to keep your mouth open.
4. Do not use a straw for consumption of liquids for 14 days.
5. Refrain from smoking for 14 days, to include cigars and a pipe.
6. Eat soft foods for several days. Chew your food on the opposite side as much as possible.
7. Refrain from vigorously rinsing your mouth for 14 days.
8. If you have any further questions, please contact our office at (916) 941-9860.
9. Please return for a follow-up evaluation on 1 wk.