



Sinus Precautions

You have either developed a communication between the maxillary sinus and your tooth socket or are at a high risk of developing one. We want to be certain that the tissues heal and that a communication does not become permanent. For this reason, we are recommending:

1. **Do not smoke.** Any smoking dramatically reduces wound healing and will make the process extremely difficult.
2. **Avoid blowing your nose** during the next four weeks and **avoid any activity that increases pressure in your sinuses such as exercise or bending over/straining/sneezing.** If you have to sneeze, do so with your mouth open. It is also important to **avoid straws or suction.**
3. If your nose becomes very stuffy, you may use **saline nasal spray** twice a day for the next two weeks. This may be purchased at any pharmacy.
4. Be sure to take the **antibiotics** we prescribed until they are gone.
5. We strongly recommend **Sudafed or Dimetapp** for at least the next two weeks to reduce sinus congestion. A non-drowsy variety is recommended.
6. Do not rinse your mouth too aggressively during these two weeks. Rinse gently.

You can expect that there will be some bleeding from your nose as well as from your mouth for the next week. It is also possible that between the 7th and 14th day you may get a brief period of bleeding from the nose. This should take care of itself and require no treatment.

If you continue to get a feeling of water getting into your nose when you take a drink during the next few weeks, please call our office at **207-772-4063**