



# Instructions for Sinus Precautions

On occasion, the roots of the upper molar teeth extend up into the maxillary sinus (the sinus inside your upper jaw). When these teeth are extracted, the sinus cavity may become exposed. Typically this does not create a problem, but it is important to know what to expect and to take the following precautions to assist in a normal healing of the area.

## What to expect:

- Nasal or sinus congestion on the side of the extraction.
- A small leakage of air into your mouth or a leakage of fluids into your nose. If this persists after the first two days, please contact the office.
- Minor bleeding from your nose on the side where the extraction was done. If this persists after the first two days, please contact the office.

## What to do:

- Bite continuously for 2 hours on the gauze placed after surgery to allow a blood clot to form.
- Avoid blowing your nose for 10 days after surgery. Pressure in the nose may delay healing. "Sniffing" is okay.
- Avoid using a straw, spitting forcefully, or vigorously rinsing your mouth for 72 hours. These may dislodge the clot and delay healing.
- Avoid smoking for at least 72 hours, if at all possible. If you must smoke, light puffs will minimize the vacuum created in your mouth.
- In some cases, antibiotics and/or decongestants may be prescribed. Take as directed until all are gone.
- A nasal spray can be used for the first 3 days after surgery to improve sinus drainage.
- If you notice a leakage of air or fluid through the extraction site, do not "test" the area to see if it is still occurring. This can lead to the development of a persistent opening in the area.
- If you feel you are developing a sinus infection 4-5 days after the extraction, please contact the office for further instructions.