

## Post-operative instructions involving the Sinus (ie: Implants, Sinus lifts, Sinus Pathology):

### What is a Sinus and Why be Careful of it?

The maxillary sinus is normally filled with air and sits behind your cheekbone. The inside is covered with very delicate tissue and drains fluid into your nose when you have a cold or allergies or surgery that fills it up with fluid. The mucosa is so thin that just by blowing your nose could rupture a hole through it.

### Sinus Precaution:

- **DO NOT** Blow your nose, smoke, suck on a straw or build up pressure in your nose for 3 weeks.
- **DO** open your mouth if you have to sneeze.

### Medication:

- If you are prescribed an antiseptic mouth rinse (Chlorhexidine or Peridex) use it for a week.
- Start taking **pain medications** and eat something within 30 minutes after the procedure.
- If you have a reaction to any medicine that WVOFS gave you, stop taking it immediately and call the office.
- Usually you should also take 400 mg Ibuprofen **or** 325 mg Tylenol every 6 hours in addition to your other pain medicine. Ask the AOFS team or your pharmacist if you should **not** be taking this in addition.
- Use the Afrin nasal spray or Sudafed decongestant as you are prescribed.

- If you feel like you need to clear your nose, it is okay to use a saline (salt water) nasal spray gently.

### **Diet:**

Do not chew on the affected site for 2-3 weeks and have a **soft diet** (smoothies, eggs, well-cooked pasta).

### **Other:**

- Bleeding – Put gauze on the site and apply constant pressure for 30 minutes. Repeat 2 times if necessary.
- The sutures may dissolve or may need to be removed. Just ask the team if you are unsure.
- Brushing and flossing are important to keep your mouth clean. Just be sure not to brush directly over the affected site.