



Nathan Antoine DMD, MS

# PEAK PERIODONTICS & IMPLANTS

SUPPORTING THE SMILE THAT SUPPORTS YOU

## Post-Operative Sinus Precaution Instructions:

There is a close relationship between upper back teeth and the sinus, a communication between the sinus and mouth sometimes results from surgery. That complication has occurred in your case which sometimes heals slowly and with difficulty. Certain precautions will assist healing and we ask that you follow these instructions carefully:

1. Take prescriptions as directed.
2. Do not forcefully spit for TWO weeks.
3. Do not smoke for TWO weeks.
4. Do not use a straw for TWO weeks.
5. Do not forcefully blow your nose for at least TWO weeks, even though your sinus may feel "stuffy" or there may be some nasal drainage.
6. Try not to sneeze; it will cause undesired sinus pressure. If you must sneeze, keep your mouth open.
7. Eat only soft foods for several days, always try to chew on the opposite side of our mouth.
8. Do not rinse vigorously for several days. Gentle salt water swishes may be used.
9. Sleep with your head slightly elevated for the next week, if possible.
10. Use 2-3 sprays of Afrin nasal spray in the same side nostril for 2 days and then switch to saline for the following 3 days.

Slight bleeding from the nose is not uncommon for several days after surgery.

Please keep our office advised of any changes in your condition, especially if drainage or pain increases. It is important that you keep all future appointments until this complication has resolved.

**If you have questions or concerns please call our office: 775-447-1191.**

**If after hours, please call Dr. Antoine 636-248-0197**