

## **SINUS PRECAUTIONS**

You have either developed a communication between your maxillary sinus and your tooth socket or are at an elevated risk for developing one. Proper care following your surgery will hasten recovery and help prevent complications.

Please follow these instructions as they are intended to help you have a successful recovery.

- **Do not smoke.** Smoking dramatically inhibits the healing process.
- **Avoid blowing your nose** during the next four weeks.
- Avoid strenuous activities that increase pressure in your sinuses. Take caution when exercising, lifting heavy objects, and bending over.
- Try not to sneeze. If you must sneeze, do so with your mouth open.
- **Do not use a straw** or create negative pressure in your mouth.
- If your nose becomes stuffy, you may use a saline nasal spray twice a day for the next two weeks. This may be purchased at the pharmacy.
- Take your antibiotics as prescribed until they are gone
- Do not rinse your mouth too aggressively during the next two weeks, rinse gently.

You can expect some bleeding from your nose and/or mouth over the next week. This should resolve on its own and does not require additional treatment.

If you get a feeling of water getting into your nose when you take a drink please call out office.

Your welfare is of concern to us during and after your surgery.  
Please call the office @ 248-363-5900 if you have questions or concerns.

**Dr. Thompson can be reached directly by text or phone @ 248-786-9323**