

## ORAL & FACIAL SURGERY ASSOCIATES, P.A.

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### CARING FOR YOUR SINUSES AFTER ORAL SURGERY

Because of the close relationship to the sinus, many times when a tooth is extracted, it will leave a communication between the mouth and the sinus. Due to the close proximity of the sinus to your surgery site, it is important for you to follow these instructions:

1. Take prescriptions as directed.
2. Do not spit for several days.
3. Refrain from blowing your nose for three weeks.
4. Try not to sneeze or cause pressure. If you must sneeze, try to do so with your mouth open.
5. Do not use a straw or smoke.
6. Eat soft foods and chew of the opposite side.
7. Follow oral hygiene instructions and avoid rinsing too vigorously.
8. **Do not use your C-PAP.**

It is not uncommon to have a slight amount of bleeding from the nose. Please call us if it is extensive or recurring.

The sinus communications will normally close on their own. However, some do not resolve and may require a secondary procedure due to factors beyond the control of anyone involved. If symptoms persist or reoccur, it is imperative that you call our office so that we may reevaluate the situation.

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