

**Gangwisch
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Family & Cosmetic Dentistry

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SINUS PRECAUTIONS

Upper teeth near the back of the jaw are usually very close to the maxillary sinuses (air-filled cavities beneath your eyes and behind your cheekbones). A frequent complication of removing these teeth is exposure of the sinus floor. Most exposures will heal spontaneously or with minimal intervention as long as the following instructions are strictly adhered to after the surgery:

- Please do NOT blow your nose vigorously for two weeks. Any positive pressure in your nose will be directly transferred to the sinus and subsequently to the fresh extraction site. A nasal decongestant such as Sudafed will help reduce pressure in the sinuses and is recommended for 5 days post-op.
- Please avoid this side of your mouth when eating. Soft, cool or lukewarm foods should be eaten during initial healing.
- Do NOT use straws for two weeks. The negative pressure generated from the straw will lead to breakdown of the fresh extraction site.
- Do NOT smoke for two to three weeks. Clot breakdown and poor healing are much more prevalent in smokers than in nonsmokers.
- When sneezing, please do so with your mouth open, and do not sneeze holding your nose. The generated pressure must be released without transmitting to your sinuses.
- Anything that causes pressure in your nasal cavity must be avoided. Avoid “bearing down”—as when lifting heavy objects, blowing up balloons, playing musical instruments that require a blowing action or any other activity that increases nasal or oral pressure. Scuba diving and flying in pressurized aircraft may also increase sinus pressure and should be avoided.
- Failure to adhere to these instructions could result in a permanent communication (fistula) between your mouth and you sinus. This would require an additional surgery that would incur further cost and recovery time. Prevention is always the most prudent option.