



POST-OP INSTRUCTIONS for ORAL-ANTRAL COMMUNICATION

SINUS PRECAUTIONS: Because of the close relationship between top back teeth and the sinus, a hole between the sinus and mouth sometimes results from extractions/tooth removal. That complication may have occurred in your case, and it can heal slowly. Certain precautions will assist the healing process and we ask that you faithfully follow these instructions:

1. Take all prescriptions as directed.
2. DO NOT forcefully spit, smoke, or drink through a straw for several days following the procedure. These activities can prevent the blood from properly clotting.
3. DO NOT forcefully blow your nose for at least two weeks, even though your sinuses may feel “stuffy” or there may be some nasal drainage.
4. Try not to sneeze as it can cause undesired sinus pressure. If you must sneeze, keep your mouth open.
5. Eat only soft foods for several days, always trying to chew on the opposite side of your mouth.
6. DO NOT rinse vigorously for several days. Gentle salt water rinses may be used instead of mouth wash. Avoid anything with alcohol or peroxide in it.

Slight bleeding from the nose can occur for several days after surgery. Please contact our office if there are 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.

PLEASE PURCHASE THE FOLLOWING MEDICATIONS FROM YOUR LOCAL PHARMACY AND TAKE AS DIRECTED:

- **Flonase Nose Spray:** 1 spray in each nostril 1X per day
- **Sudafed:** take 1 tablet by mouth every 6 hours for at least 4 days

IF PRESCRIBED BY THE DENTIST, TAKE YOUR ANTIBIOTICS UNTIL ALL PILLS ARE TAKEN

**IF YOU ARE CONCERNED, WE ARE CONCERNED
PLEASE CALL THE OFFICE WITH ANY QUESTIONS AT (972) 371-0616**