

SINUS PRECAUTIONS

Because of the 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 often heals slowly and with some difficulty. Certain precautions will assist healing and we ask that you faithfully follow these instructions for the next **2 weeks**:

1. Take prescriptions as directed.
2. Do not forcefully spit for several days.
3. Do not smoke for several days.
4. Do not use a straw for several days.
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 trying to chew on the opposite side of your mouth.
8. Do not rinse vigorously for several days. Gentle salt water swishes may be used.
9. Slight bleeding from the nose is not uncommon for several days after the surgery.

Follow the following instructions **ONLY if checked off**:

- Use a decongestant (Claritin-D, Allegra-D, etc.) for ____ (months/weeks)
- Use a nasal spray if congested. However, **NO heavy inhale for first 2 weeks**

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 is resolved.

For additional information visit our website: www.berkshirefacialsurgery.com