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SINUS PRECAUTIONS

For your extraction sites to heal well, it is very important that you protect and “baby” the area. It is also extremely important that you do not do anything that develops pressure within your sinuses.

BE CAREFUL TO FOLLOW THESE INSTRUCTIONS

- DO NOT blow your nose. If your nose gets runny, dab it with tissue.
- DO NOT cough or sneeze with your mouth closed. If you must cough or sneeze, open your mouth and let the pressure escape through your mouth. You can cover your mouth with a handkerchief or tissue. DO NOT try to hold it in.
- ABSOLUTELY NO SMOKING, at all. NOT EVEN A PUFF!
- DO NOT rub on the gums in this area. Keep your toothbrush away.
- DO NOT eat hard or crunchy foods (potato chips, pretzels, toast, crusty bread, dry cereal, pizza, etc.) Stick to soft foods and eat on the other side of your mouth.
- DO NOT rinse your mouth for 72 hours. Let the scab in the extraction site become firmly attached. After 72 hours, you may rinse gently with warm water (or warm salt water) only.
- DO NOT use mouth rinses or mouthwash.

Take your medications as prescribed. This will usually include the following:

- Antibiotic (Augmentin, Amoxicillin, or Clindamycin) – use as directed by your doctor.
- Decongestants/Antihistamines – use 3 to 4 times per day, if needed, for 2 weeks to prevent sinus congestion and stuffiness.
- Decongestant nasal spray – if needed, to prevent nasal stuffiness (Afrin for a maximum of 3 days).

It is VERY important to strictly follow these precautions for your extraction sites to heal without complications. Keep physical activities to a minimum immediately following surgery. If you are considering exercise, throbbing or bleeding may occur. If this occurs, you should discontinue exercising. Keep in mind that you are probably not taking normal nourishment. This may weaken you and further limit your ability to exercise.

WEARING YOUR PROSTHESIS

Partial dentures, Provisionals, or full dentures may not be used immediately after surgery and for at least 10 days. Make sure to receive instruction regarding your temporary appliance from your surgeon following your procedure.

If, after your procedure, you have any questions or concerns please feel free to contact your oral surgeon.

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