

SINUS INJURY AND HEALING PRECAUTIONS

(PAGE 1 OF 2)

These instructions and precautions are for patients who have, or are at increased risk of having, sinus injury and healing problems. The maxillary (upper jaw) sinus is near to the back upper teeth and roots. In order for proper healing after surgery in this area, these instructions should guide you on your recovery. The general idea behind these items is to avoid increased pressure in the sinus cavities, which can hurt or inhibit proper wound healing.



PLEASE AVOID

BLOWING YOUR NOSE

Avoid forcefully blowing your nose for 2 weeks, at least. It is best to wipe and dab. After 2 weeks, you may gradually begin to resume normal nose-blowing. Forceful spitting should also be avoided.

SNEEZING

It happens, so go ahead if you need to. Sneeze with an open mouth (covered of course!) and DO NOT try to hold it back - that's even worse!

SUCTION

Avoid thick liquids through straws. Water and juice are ok, but gently!

BLOWING

Avoid actions like playing wind-instruments or blowing up balloons, etc.

ACTIVITY

Avoid lifting or pushing objects that are of significant weight. Grunting when doing = significant. Take it easy for a while!

POSITIONING

Keep your head above the level of your heart, such as avoiding bending over or reclining past horizontal. Consider sleeping with an extra pillow.

EATING HARD FOOD

Avoid crunchy or hard foods during the healing period, and gradually increase the consistency of your diet after 2 weeks.



ANTIBIOTICS & PROBIOTICS

ANTIBIOTICS

Antibiotics are usually given when sinus involvement is encountered. Be sure to finish the entire prescription unless otherwise directed.

PROBIOTICS

Probiotics may prevent or relieve some side effects of antibiotics such as nausea, stomach upset, and diarrhea. Probiotics are considered safe and are naturally contained in products such as yogurt. Probiotics also come in several other forms and can be obtained over-the-counter at your local pharmacy.



WHAT TO DO IF YOU EXPERIENCE THESE

BLEEDING

Slight bleeding from the nose or from the surgical site can happen sometimes. If you feel that the bleeding is significant, contact our office.

INCREASED NASAL CONGESTION

The doctor may have advised the use of nasal decongestants, but these medications are usually OK to take if you develop a stuffy nose. The most effective ones are located 'behind the pharmacy counter', so just ask the pharmacist for help.



CONTACT US IF

- You are unable to take any of your medication as prescribed, especially any antibiotics.
- You notice any changes in the way your nose or jaw feels in regard to air passage or "blowing bubbles". This may be a sign that the doctor needs to evaluate the wound.
- You are unable to keep any follow-up appointment, if scheduled.