

Maxillary Sinus Instructions:

What is a sinus exposure?

You are given this information sheet because your surgery today involved entry into the sinus under your cheekbone. This was due to either of the following:

- The roots of your upper back teeth extended into the sinus, and a temporary hole from the sinus into the mouth was created following the extraction in this region.
- A previous extraction failed to completely heal over the sinus and a small hole developed during the healing phase.

What can I expect during normal healing?

When you eat or drink following surgery near the sinus, liquid may pass into the sinus and be discharged from the nose. This discharge may appear bloody. Do not become alarmed, this is normal.

What can be done to close the opening?

The dentist will advise if a procedure to close the sinus opening needs to be performed. The dentist will make a small incision to aid in moving gum tissue to cover the site of the sinus opening and the tissue was stitched closed. In some cases this procedure is not successful in closing the hole and may require referral to a specialist to do further surgery.

How will I know if I should contact the clinic for a follow-up appointment?

You should call the office without delay if you experience any of the following before a post-operative visit:

- Foul taste in your mouth and throat
- Green mucous or drainage in your nose and/or mouth
- Excessive bleeding that will not stop with 45 minutes of strong biting pressure with thick folded gauze and/or a tea bag.
- Fever or chills, heightened heart rate, general feeling of malaise/fatigue

How do I care for the surgical area and encourage healing of the sinus?

To speed healing and prevent complications, follow the instructions listed below:

- Exercise these sinus precautions for the **next 2 weeks**:
 - Do not create suction by sucking on straws.
 - Avoid smoking.
 - Sneeze with the mouth slightly open.
 - Do not forcefully blow your nose; keep the mouth slightly open when blowing your nose.
 - Avoid vigorously rinsing your mouth.
- Continue to bite a gauze pack over the surgical site for **2 full hours**.
- If applicable, return for suture (stitch) removal and post-operative appointments as advised by the dentist.
- Purchase and use the following medications as directed:
 - ____ Sudafed 12 Hour (Pseudoephedrine) 120mg tablets: Take 1 tablet every 12 hours for 10 days.
 - ____ Dristan (Oxymetazoline) nasal spray: Spray once into _____ nostril(s) 3-4 times per day for no more than 3 days.
 - ____ Take the Antibiotic as directed on the prescription for _____ days.

If you have further questions, write them down and do not hesitate to contact the clinic at any time.