

## INSTRUCTIONS FOR PATIENTS WHO HAVE SINUS RELATED EXTRACTIONS

One problem that patients can have with upper teeth extractions occurs when the roots of upper teeth extend into the sinus cavity, or are adhered to the thin layer of bone that separates the sinus cavity and oral cavity. Sometimes this layer of bone can be perforated which results in a communication between the maxillary sinus and oral cavity. This problem can be detected at the time of the tooth extraction and repaired as it occurs. Sinus related extractions usually do not cause many problems for patients, but special precautions should be taken to ensure that proper healing occurs:

1. Avoid sneezing, and blowing your nose for 10 days after surgery. If you must sneeze, do not try to stifle it, and be sure to open your mouth as you sneeze.
2. Avoid lifting heavy objects for 10 days after surgery.
3. You may want to take an over-the counter decongestant such as Dimetapp or Sudafed for 10 days following surgery.
4. Take your antibiotics as prescribed until you run out.

Following these instructions will help to ensure a smooth and complete recovery. You may experience side effects such as nosebleed or sinus congestion. It is normal to have this type of side effect when you have had a sinus related extraction. Please contact the office if you have questions or concerns regarding your surgery.