

SPECIAL INSTRUCTIONS FOR PATIENTS WITH MAXILLARY SINUS OPENINGS

As you have been told by the doctor, there is presently an opening from the inside of your mouth to the sinus through the tooth socket. This is not an uncommon situation and is no cause for undue concern. The following instructions have been designed to encourage healing and closure of this opening.

1. Bite on gauze for approximately two hours.
2. Fill the prescriptions you have been given, and follow the instructions on the label.
3. Take an over-the-counter nasal decongestant (Sudafed) or an antihistamine (Actifed) 3 times a day for 10 days. If congestion continues, use nasal spray 3 times a day as needed for nasal stuffiness until your next visit with your doctor.
4. Avoid blowing actions, such as blowing your nose, or sucking actions, such as using a straw or smoking. The healing tissue between the sinus and the mouth is easily disturbed by sudden changes in pressure. If you must sneeze, keep your mouth open and do not pinch the nostrils shut.
5. Do not rinse your mouth until tomorrow morning. Then gently rinse after each meal and at bedtime with ¼ teaspoon of salt in a glass of warm water.
6. Smoking is irritating to the sinus, so it should be discontinued for at least 10 days.
7. Some bleeding may occur through the nose for the first week. This is not a cause for alarm.
8. You may notice, during the healing period, that a small amount of any liquid you drink may escape through your nose. Also, there may be a slight change in your voice and, occasionally, a sensation of air entering your sinus. If these symptoms occur, inform the doctor on your next visit.

If you have any questions or concerns, do not hesitate to call the office.

