

## **SINUS PRECAUTION INSTRUCTIONS**

Dr. Hart/ Dr. Keith/Dr. Lesnick has recommended additional precautions for the sinus area. As explained, there is a very close relationship between the upper teeth and the maxillary sinus. Following removal of upper teeth or surgery on the upper jaw there is a possibility that an opening or communication between the sinus and mouth may occur. The following instructions are precautions to prevent this from occurring or to allow this area to heal. Please follow these instructions closely:

- Take your prescriptions as directed
- Do not spit for 5-7 days
- Do not smoke for 2 weeks
- Do not use a straw for 2 weeks
- Do not forcefully blow your nose for 2 weeks
- Avoid sneezing if possible; this can cause increased pressure in the sinus. If you sneeze-do so with your mouth open.
- Do not rinse vigorously for 5-7 days.

Slight bleeding from the nose may be seen for up to 10 days. If you have any questions please call us at (303)663-7890.