

# Post Operative Instructions: Sinus Exposure



Clarence Street  
DENTAL Group

After the extraction of an upper tooth, occasionally an opening into the sinus may occur. Your surgeon will use special grafting material to close this space. The following instructions will help speed the healing of this opening. Please follow these for the next 10 days:

1. **Nose Blowing:** Please do not blow your nose. If required, you may use a saline nasal spray. You can also take a decongestant for the first 5 days.
2. **Sneezing:** If you must sneeze, prevent backpressure into the nose and sinus by keeping your mouth open and allowing air to come out of the mouth and nose.
3. **Drinking:** When drinking, a small amount of fluid coming out of the nose is expected. Do not use a straw when drinking as it will cause back pressure in the sinus passages.
4. **Smoking:** Avoid smoking for as long as possible.
5. **Nosebleeds:** It is not usual for a nosebleed to occur. If this happens, tilt our head back and apply ice to the bridge of the nose for 15 minutes.
6. **Medications:** Maintain antibiotic and decongestant therapy as directed.

**If you have any questions or concerns, please call us at the office: 519-756-8080.  
If it is after hours, please text our emergency hotline: 226-286-8829.**

Your Post op appointment is \_\_\_\_\_ with Dr. \_\_\_\_\_