



## **BLUE ASH ORAL & MAXILLOFACIAL SURGERY, INC.**

**Randall D. Stastny, DMD**

*Diplomat, American Board of Oral & Maxillofacial Surgery*

*Fellow, American Association of Oral & Maxillofacial Surgeons*

*In some instances, after removing an upper back tooth there can be an opening between the mouth and the sinuses. This can happen when the tooth roots sit very close to the sinus, when infection around the tooth erodes the bone next to the sinus, or when the teeth and bone are fused together. In any circumstance, the following instructions will help the area heal to its full potential. This healing may take several weeks, and continued follow-up care is essential during that time. **It is very important that you follow these instructions, or the hole between your mouth and sinus may not close which will require further surgery.***

### Sinus Precautions Instructions

1. Do NOT blow your nose for 10 days
2. Do NOT smoke for 10 days
3. Do NOT use a straw
4. Do NOT make any “sucking” or “spitting” actions
5. Do NOT use your CPAP machine if you have a sleeping disorder.
6. Take an over the counter anti-histamine (Zyrtec, Claritin, Benadryl) and a decongestant (Sudafed). You may take a combination drug like Zyrtec-D or Claritin-D instead if you wish.
7. Finish all prescriptions as ordered, especially antibiotics
8. Make sure to return to the office for your post-operative visits

\*In some instances, additional surgery may be required to close the opening into your sinus. It is extremely important that you follow all of the above instructions to give your sinus the best chance to heal.

*If you have any questions, or concerns, please call the office at 984-2100.*