

# CONVENIENT

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# DENTAL SPECIALISTS

## **Sinus Exposure After-Care**

Your sinus cavity has been exposed following a surgical procedure. The sinus should heal without complications if you can help by following these instructions:

- Take prescribed antibiotics as directed, these are essential to prevent infection
- Use all medications as directed on your prescriptions
- Refrain from vigorous mouth rinsing
- Do not smoke
- Do not blow your nose; wiping or blotting with a tissue is acceptable if necessary. Some discharge may be expected for the first few days, this discharge can contain blood
- Do not suppress a sneeze. If you must sneeze, open mouth widely during sneeze to avoid pressure in the nasal and sinus area. Heavy pressure with a finger against the upper lip will sometimes break the sneeze reflex.
- Do not engage in water sports
- Try not to travel by air within the first 72 hours after sinus surgery

Strict adherence to these instructions may prevent the necessity of surgical closure at later date.

If you have any questions or any unusual occurrences related to healing, please call our after hours phone number **720-580-3852**