



NEEDHAM ORAL SURGERY  
AND IMPLANT CENTER

## ***SINUS PRECAUTIONS***

Dr. Kim 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 (such as implants or bone grafting procedures), 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. The duration of the precaution may vary depending on the type of procedure.

### **Please follow these instructions closely.**

- Take your prescriptions as directed.
- Do not spit for 2-6 weeks.
- Do not smoke for 2-6 weeks.
- Do not use a straw for 2 -6 weeks.
- Do not forcefully blow your nose for 2-6 weeks.
- Avoid sneezing if possible; this can cause increased pressure in the sinus. If you sneeze, please do so with your mouth open.
- Do not rinse your mouth vigorously for 2-6 weeks.
- Some sinus fullness and nasal congestion may occur. If so, ok to use any over the counter medications such as Sudafed and phenylephrine.
- A small amount of blood from the nose may be seen for up to 10 days.

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**IN CASE OF QUESTIONS OR EMERGENCY, CALL 781-671-0001**

**FOR MORE INFORMATION, PLEASE VISIT OUR WEBSITE  
NEEDHAMORALSURGERY.COM**