

## SINUS PRECAUTIONS

Sinuses are normal air pockets in your upper jaw bone, and require special care in addition to other routine care after oral surgery.

You have been instructed to follow special home-care instructions because your surgery was close to, or involved your sinuses. They are as follows:

- 1) Do not blow your nose.
- 2) Do not smoke or use smokeless tobacco.
- 3) Do not drink through a straw.
- 4) If you must sneeze, do so without covering your nose & mouth to avoid pressure build-up.
- 5) Do not play woodwind & brass musical instruments (e.g. trumpet, saxophone, flute, etc) that involve blowing.
- 6) Do not swim/scuba.
- 7) Do not travel by air.
- 8) Take your medications as prescribed, which may or may not include:
  - a. Antibiotics
  - b. Decongestants
  - c. Nasal Sprays & Rinses
  - d. Pain Medication

You should contact your doctor immediately if you experience the following.

- 1) Water in your nose when drinking.
- 2) Sinus pressure & pain.
- 3) Pus, foul taste in mouth.