

# Sinus Precautions

## Sinus Precautions

(For the next 3–4 weeks or as instructed by your provider)

When a tooth in your upper jaw (maxilla) is extracted or an implant/bone graft is placed near your sinus cavity, special care is needed. Following these guidelines helps reduce sinus pressure, protect the healing site, and prevent complications.

## Avoid Pressure Changes



### Do Not Blow Your Nose

- ▶ Gently wipe or dab any nasal discharge.
- ▶ If you feel congested, your surgeon may recommend over-the-counter nasal decongestants (e.g., Sudafed®, Claritin-D®).



### Sneeze with Your Mouth Open

- ▶ Try to avoid sneezing if possible.
- ▶ If you do sneeze, keep your mouth open. This prevents pressure buildup that can disrupt the healing site.



### Avoid

- ▶ **No straws:**  
The suction can disturb the surgical area.
- ▶ **No smoking:**  
Increases sinus and mouth pressure and delays healing.
- ▶ Avoid swimming, scuba diving, blowing up balloons, or playing wind instruments. These activities create pressure changes in the sinus area.
- ▶ Minimize bending over—try to keep your head above heart level.

## Protect the Surgical Site



### Gentle Oral Hygiene

- ▶ Begin gentle rinsing with prescribed antibiotic rinse or a mild saltwater solution starting the day after surgery.
- ▶ Avoid forceful swishing or spitting.



### Soft Diet & Chewing

- ▶ Choose softer foods that don't require heavy chewing.
- ▶ Chew on the opposite side of your mouth to avoid irritating the area.

- ▶ Do **not** use a Waterpik® or other high-pressure devices near the site.
- ▶ Brush remaining teeth carefully at least twice a day, avoiding direct contact with the surgical site for the first 2 weeks.

## Manage Congestion & Support Healing



### Antibiotics

- ▶ Take any prescribed antibiotics exactly as directed by your surgeon to help prevent infection and promote proper healing.



### Over-the-Counter Decongestants

- ▶ Use decongestants as needed to relieve nasal congestion. Always follow the instructions on the packaging or those given by your surgeon.



### Saline Nasal Irrigation

- ▶ Consider using a saline spray or nasal irrigation system to keep sinus passages clear and support healthy drainage.



### Humidified Room Air

- ▶ Running a humidifier—especially during colder, drier months—helps maintain moisture in the air, easing sinus dryness and discomfort.

## Limit Strenuous Activity



### No Heavy Lifting or Straining

- ▶ Activities that increase pressure in your head (like lifting heavy objects) can disrupt the healing site.
- ▶ Wait at least 2 weeks—or follow your surgeon's advice—before resuming strenuous exercise.

## Monitor & Follow Up



### Watch for Warning Signs

- ▶ Mild nasal bleeding or slight oozing at the surgical site is common.
- ▶ Contact your surgeon if you experience:
  - Excessive bleeding that doesn't stop with light pressure.
  - Worsening pain or sinus pressure.
  - Persistent nasal discharge (especially yellow, green, or foul-smelling).
  - Fever or swelling suggesting infection.

### Remember

These instructions help protect your sinuses and surgical site to ensure the best possible healing. If you have any questions or concerns, **contact our office right away.**



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