

SINUS PRECAUTIONS

Because the doctor found one of your tooth roots in close proximity to your upper jaw sinuses, we suggest the following:

1. Avoid activities which would cause pressure changes to your sinuses for approximately two weeks; for example:
 - a) No vigorous nose blowing
 - b) No scuba diving
 - c) Avoid airplane trips
 - d) Avoid playing wind instruments
2. Take the medications your doctor prescribes. Also, over-the-counter decongestants such as Otrivin may be recommended to keep your nasal passages clear. Always ask your pharmacist if there are reasons that you should not use decongestants.
3. Use gentle warm salt water rinses 2-3 times per day to keep the area clean. You may resume routine oral hygiene measures to the other parts of your mouth as per the post-operative extraction instructions you will be given.
4. If required, you may be advised to have the area checked within two weeks either by the Oral surgeon or your dentist. You may also request a follow-up check if you have any concerns.

~ISLAND ORAL FACIAL AND IMPLANT SURGERY~