



SINUS POST-OPERATIVE TREATMENT

- If you must sneeze, do so with your mouth open to avoid any unnecessary pressure on the sinus area.
- No nose blowing for one week.
- If you feel air flow at the surgical site, please contact our office.
- If you feel congested, you may need to use the antihistamines or decongestants.
- Trismus (stiffness) of the muscles may cause difficulty in opening your mouth for a period of days. Anti-inflammatory medications and moist heat compresses to the jaw(s) can minimize this condition.
- There may be a slight elevation of temperature for 24 to 48 hours. If this temperature persists, please contact our office.
- Sutures used during surgery usually dissolve in 7 to 10 days.
- You may be instructed to avoid playing wind instruments for a short time after your dental surgery.
- Bleeding may occur from the nose. This is not uncommon and should pass quickly.