



Tooth Extraction Sinus Precautions:

You have either developed a communication between the maxillary sinus and your tooth socket or are at a risk of developing one. We want to be certain that the tissues heal, and that a communication does not become permanent. For this reason, we are recommending the following:

- 1. Do not smoke.** Any smoking dramatically reduces wound healing, and will make the healing extremely difficult.
- 2. Do not drink from straws** for the next 2 weeks.
- 3. Avoid blowing your nose** during the next four weeks, and **avoid any activity that increases pressure in your sinuses, such as exercise or bending over/straining/sneezing.** If you have to sneeze, do so with your mouth open.
- 4. Use Otrivan 1% nasal spray** on the affected side 4x/day for 10 days.
- 5. Be sure to take the antibiotics** we prescribed until they are finished.
- 6. We strongly recommend Sudafed or Dimetapp** for at least the next two weeks to reduce sinus congestion. A non-drowsy variety is recommended.
- 7. Do not rinse your mouth too aggressively** during these two weeks; rinse gently.

You can expect that there will be some bleeding from your nose as well as from your mouth for the next week. It is also possible that between the 7th and 14th day, you may get a brief period of bleeding from the nose. This should take care of itself and require no treatment.

Should you have any questions or concerns, call the office at 416-536-2626