



Post-Surgical Instructions for Sinus Exposure

We have determined during your surgery that an exposure (or possible exposure) of the maxillary (upper jaw) sinus may have been seen. The upper jaw sinus is a hollow space that exists above the roots of the upper back teeth. The bone between the upper teeth and the sinus is usually thin and sometimes non-existent. There is a membrane (layer of tissue) that lines the sinus and separates it from the teeth and bone. Due to the fact that this membrane can be very thin, when upper teeth are removed or surgery to the upper jaw is performed, a communication can be made to exist between the sinus and the mouth through the surgical site. The sinus contents then can drain through this new opening, especially in the case of pre-existing sinus problems. Your doctor may have also found it better for you to close this opening by suturing the soft tissues in your mouth. In order for this opening (or possible opening) to heal and close, it is important for you to follow these instructions carefully.

Bleeding: As with any oral surgery, a reddish color in the saliva is normal for about 24 hours. Apply gauze pads over the sites with firm pressure for a minimum of 30 minutes to control the bleeding. Forceful spitting and excessive physical activity tend to increase and prolong bleeding. Nasal bleeding with a sinus exposure is common. The natural drainage for the sinus is into the nose. If bleeding persists contact our office.

Swelling: Swelling is expected for various oral surgical procedures. The early use of ice packs may reduce the amount and duration of swelling. Ice should be used for the first 24-48 hours. After this time moist heat works well to reduce the swelling.

Diet: Do not skip meals. Fluids and nutrition are very important. Begin with liquids and progress to more solid foods as you feel you can handle them. **ABSOLUTELY AVOID USING STRAWS.** The suction could cause bleeding and/or dislodge the blood clot, it can also cause a partial sinus opening to become complete or worsen an existing opening.

Medication: Take the medications prescribed for you according to the instructions. You may have been given sinus medications to help the natural drainage into the nose, an antibiotic to decrease the possibility of infection, and a nasal spray. It is very important to use these medications according to their instructions.

Oral Care: Do not rinse the mouth for at least 12 hours. After 12 hours the use of warm, slightly salted water rinses will aid in the healing and soreness.

Sutures: If sutures were placed these usually dissolve in the next 5-10 days. If the sutures require removal, you will be instructed when to return to the office.



Smoking: The use of any form of tobacco is detrimental to oral healing. In the case of a possible or existing sinus communication, SMOKING WILL DELAY OR INTERFERE WITH HEALING.

Questions: Please contact Dr. Shah's Emergency Line at [6189175805](tel:6189175805).