



POST-OPERATIVE SINUS INVOLVEMENT INSTRUCTIONS

1. Hold the gauze pack at the extraction site for two hours
2. DO NOT rinse the mouth until the follow morning
3. Slight bleeding from the nose may occur for several days
4. Take the prescriptions/medications as directed
5. Eat soft foods for several days and chew on the opposite side
6. DO NOT brush your teeth in the surgical area for 24 hours. After 24 hours, you may gently brush with a soft toothbrush
7. Refrain from blowing your nose for 10 days
8. If you feel a sneeze coming on, open your mouth to avoid pressure in the sinus and do not pinch your nose closed while sneezing.
9. Smoking of any kind should be avoided
10. DO NOT use a straw until advised
11. DO NOT play a wind instrument until advised
12. DO NOT go swimming or engage in heavy exertion until advised

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Paul R. Farrell, DMD
Therese DiFlorio Brennan, DMD, MD

