

## *Oral & Maxillofacial Surgery*

### **Oral Surgery Post Operative Sinus Precautions:**

Your surgical procedure was at or near the maxillary sinus above your upper teeth. Please follow these precautions to prevent a permanent opening between your sinus and your mouth that usually requires further surgical procedures to address.

1. Please do not blow your nose for at least 2 weeks or longer as determined at your follow-up appointments. If you have to sneeze, do so with your mouth open.
2. Do not use a straw and avoid activities that create suction in the mouth or increase pressure in the sinuses.
3. Please take all medications prescribed by your surgeon: often including nasal sprays, decongestants (pseudoephedrine) and antibiotics (Amoxicillin, etc) to keep your sinus from becoming infected.
4. Do not spit/rinse vigorously for the first 2 weeks after surgery.
5. No flying in non-pressurized aircraft during the first two weeks.
6. Do not pull out/remove any packing that may be placed in the surgical site.
7. Please come to all follow-up appointments that have been scheduled for you.

Please call our clinic if you have any questions or concerns.

Thank you,

Dr. Max Moncayo  
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