



## Sinus precautions following tooth extraction

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During your extraction, your doctor has identified a sinus exposure or has determined that you are at risk of developing a sinus exposure. Because of the proximity of our top teeth to our sinuses, there are times when extracting a tooth can expose an opening between your mouth and the sinus. These exposures can also develop during everyday activities during the healing process. The majority of these exposures heal on their own, in extreme cases additional surgery can be necessary.

Following these recommendations for the next **two weeks** will minimize your risk of creating or worsening an exposure as well as maximize healing:

- Take any prescribed antibiotics until they are gone.
- Take an over-the-counter nasal decongestant such as Sudafed or Dimetapp.
- If your nose becomes stuffy, use a sterile, saline nasal spray. These sprays, such as Ocean, can be purchased at any pharmacy.
- Avoid blowing your nose. Wipe your nose instead of blowing, as it will cause an increase in pressure in your sinuses.
- Avoid pushing or lifting heavy objects. When pushing or lifting more than 20 pounds we often hold our breath, putting pressure on the walls of the sinuses.
- Avoid suction. Such as smoking or using a straw.
- Avoid bending over. Keeping your head above your heart will keep pressure off of the compromised area.
- Avoid blowing. Such as playing wind instruments or blowing up a balloon.

If you notice any of the following after 48 hours, please contact our office.

- Liquids in your nose after drinking.
- Nosebleeds.

