

Post-Op Instructions: Sinus Precautions

Sinus exposures increase the risk of temporary sinus congestion, infection, or development of a communication between the maxillary sinus and the mouth (Oral-Antral Fistula).

Practicing “sinus precautions” is the best way to prevent complications. Please adhere to the listed guidelines for **two weeks**.

- You will be prescribed the following medications:
 - 1) Afrin Nasal Spray (decongestant): twice a day for 3 days
 - 2) Ocean Nasal Spray (decongestant): use as often as required
 - 3) Sudafed (decongestant): twice daily for the first 7 days as needed
 - 4) Antibiotic: use as directed

- Avoid smoking tobacco or vaping
- Do not use a straw
- Do not forcefully blow your nose
- Try not to sneeze. If you must sneeze, keep your mouth open.
- Eat only soft foods for several days, always trying to chew on the opposite side of your mouth.
- Do not rinse vigorously. **Gentle** salt water swishes may be used.
- Avoid strenuous activity such as running, swimming, lifting. Increasing pressure in the sinus while physically exerting yourself can result in failure to heal.

Slight bleeding from the nose is not uncommon for several days after surgery. Please keep our office advised of any changes in your condition, especially if drainage or pain increases.

For after hours concerns please call Dr. Clark at 503-927-6845.

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