

Special Instructions for Patients with Sinus Openings

As you have been told by the doctor, there is presently an opening from the inside of your mouth to the sinus, through the tooth socket. This is not an uncommon situation and is no cause for undue concern. The following instructions have been designed to encourage healing and closure of this opening.

Medication

Fill the prescriptions you have been given and follow the instructions on the labels. Over-the-counter Afrin nasal spray may be used to keep nasal passages clear. Using Zyrtec or Claritin, is also suggested by your doctor to help control nasal allergies.

Things to Avoid

Avoid blowing or sucking actions, such as blowing your nose or using a straw. The healing tissue between the sinus and the mouth is easily disturbed by sudden changes in pressure. If you must sneeze, keep your mouth open and do not pinch the nostrils shut

Oral Hygiene

Gently rinse your mouth after each meal and at bedtime with warm salt water (1/2 tsp. salt, 8 oz. of water). Continue until the gum tissue has healed.

Common Symptoms

Common symptoms include bleeding through the nose and stuffiness of the sinus. This is not a cause for alarm.

Concerns

If you are concerned about any event following your surgery, please call promptly. A call will relieve your and your family's concerns as well as avoid more serious consequences. If the need arises, call the office.



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