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### **SINUS PRECAUTIONS**

Because of the location of the upper teeth in relation to your sinuses, certain precautions should be taken to insure adequate healing in the event that a sinus communication is resented. Please follow these instructions until you are seen for your post-operative visit.

1. Avoid any situation which might raise sinus pressure; this includes sneezing and blowing your nose. If you have to sneeze, do so with your mouth open.
2. Avoid sucking through a straw.
3. For nasal stuffiness, use nasal decongestants such as Afrin, Neo-Syneprine, etc. The doctor may prescribe oral decongestants in addition to this.
4. Take antibiotics or other medications if prescribed.
5. Avoid smoking. Smoking causes negative pressure and inhibits healing.
6. Follow instructions for routine post-operative oral surgery.

**NOTE: IN CASE OF SEVERE PROBLEMS, CONTACT THIS OFFICE**