

# Arvada Implants and Cosmetic Dentistry

## Sinus Instructions

You are being given these instructions to protect your sinuses and to help prevent complications. There is a close relationship of the teeth to the sinus and sometimes, when a tooth is removed, it will leave a communication between the mouth and the sinus. Because your sinus is unusually large, your roots long, or a combination of both, your sinus may have been exposed when the tooth was removed. It is not uncommon to have blood in the nasal discharge for several days. Notify the office if any symptoms develop that seem unusual to you.

### PLEASE FOLLOW THESE INSTRUCTIONS FOR 14 DAYS:

- **DO NOT** blow your nose. Air pressure must not be increased in the nasal or sinus cavities.
- **TRY NOT** to sneeze. If you should, keep your mouth open to prevent an increase in air pressure in the sinus cavities.
- **DO NOT** use a straw.
- **DO NOT** spit.
- **DO NOT** rinse vigorously for several days. Chew on the opposite side as much as possible.
- **DO NOT** fly in an airplane.
- **DO NOT** swim or submerge your head.
- **DO NOT** do any vigorous exercising.
- **DO NOT SMOKE.**

### PLEASE OBTAIN AND TAKE THE FOLLOWING MEDICATIONS:

- **Afrin** (over-the-counter nasal spray) as directed on the bottle for 3 days **only**.
- **Sudafed ER** (over the counter – ask the pharmacist) 120mg by mouth every 12 hours for the next 7-14 days. If you are still congested, continue taking every 12 hours as needed.

It is possible that even with all these precautions, an opening from your sinus to your mouth may develop and persist. In this event, the surgical closure of this opening will be required to assure the complete healing of the extraction site and sinus cavity.

**PLEASE CALL OUR OFFICE IF YOU HAVE ANY  
QUESTIONS.**

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