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Sinus Precautions

The upper jaw bone (Maxilla) has large air spaces, called sinuses, located above or adjacent to the roots of the teeth. These sinuses help heat and humidify the air that we breathe. Performing extraction of posterior Maxillary teeth, bone grafting procedures in the sinus, or even placement of dental implants may require the patient take special precautions to allow for proper healing of the surgical site. Please follow these guidelines:

- **Do NOT smoke for two (2) weeks.** Tobacco smoke has hundreds of chemicals that will impair healing of the tissues and cause failure of dental implants.
- **Do not, under any circumstances, blow your nose for the next four (4) weeks.** The pressure caused in the sinus while blowing your nose may not allow the site to heal properly. Gently wiping the nose is acceptable if necessary.
- **Avoid any activities that may cause increased intranasal pressure for two (2) weeks.** These would include heavy lifting, strenuous exercise, etc.
- **Avoid sneezing if possible.** If one must sneeze, ensure the mouth remains open and do not plug the nose.
- **Do not use straws to drink liquids for four (4) weeks or until given permission by your treating dentist.**
- **Take your oral antibiotic and pseudoephedrine as directed until they are gone.** The antibiotic will kill bacteria that attempt to colonize the site and allow for better healing. Pseudoephedrine will minimize nasal congestion and promote a healthy healing environment.
- **Chlorhexidine mouth rinse should be utilized starting 48 hours after the procedure.** Chlorhexidine is an antibiotic mouth rinse and will kill bacteria by topical application in the surgical site. Starting the antibiotic rinse 48 hours after surgery ensures the site has begun to heal and that the gentle swishing required will not disturb healing of the surgical site.

A post-operative visit should have been scheduled with your dentist to check the healing sites in about one week. Please call The Dental Anesthesia Center at (314) 862-7844 with any questions or concerns during the healing process.