

Post operative instructions with sinus perforation

A sinus communication occurred during your extraction today due to the proximity of the roots of your upper teeth and your sinus cavity. Please follow the following instructions and avoid any sort of pressure in your mouth to allow the area to heal.

1. Do not hold back your sneeze, if you need to sneeze please do so with your mouth open.
2. Do not blow your nose. Wipe nose gently for 2 weeks.
3. When lifting anything bend with your knees and avoid heavy lifting that would cause increased pressure.
4. A small amount of blood coming out of your nose is normal.
5. Avoid swimming or any strenuous exercise for 1 week.
6. Do not brush or rinse in the area of the extraction site today. Starting tomorrow, you may do warm salt water rinses, gently passing water over the area, and standing over the sink to let the water fall out without spitting forcefully.
7. Following the extraction, some bleeding is to be expected. Replace gauze as needed at 30 min – 1 hour increments and maintain firm pressure to stop the bleeding. If active bleeding is still occurring 24 hours following the extraction, please call the office.
8. If swelling occurs, you may apply an ice pack on the outside of your face over the swollen area. Place ice pack gently on your face for 20 mins, and then take off for 20 mins. You may continue to do this for up to 4 hours.
9. For mild pain, you may take any medication that was prescribed to you, or take over the counter pain medications as directed.
10. Maintain a soft diet for at least 24 hours, avoiding anything spicy, crunchy or small enough to get trapped in the extraction site such as rice. Drink plenty of water and avoid alcoholic beverages for 24 hours
11. **NO SMOKING, DRINKING FROM A STRAW, OR SPITTING FOR ONE WEEK.** If you happen to do any of the following and develop a dry socket, please call the office

Please do not hesitate to call us with any questions or concerns

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