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Sinus Exposure Instructions

All upper premolar and molar teeth have roots that protrude into the sinus. On occasion, the very thin wall of the sinus is interrupted and such air and fluid will freely communicate between the mouth and the sinus. Under most circumstances this will heal with minimal or no surgical intervention. Occasionally other procedures must be performed to recreate this seal. The initial healing period usually dictates the need for future care. As such, please follow these instructions carefully.

- Do not blow your nose for 10 days after surgery
- Do not suck on anything such as candy, Popsicles, or straws for 10 days
- Keep surgical site clean by rinsing with warm salt water at least 5 times a day
- Brush teeth 3 times a day
- Take all medications as prescribed
- Should you sneeze, please do so with mouth open, do not hold the sneeze in
- You may experience bleeding from your nose on the affected side, this is not uncommon
- You may experience nasal stuffiness, should this become severe please contact our office.

Should you have any further questions, problems or concerns, please call Dr. Strauss at 416-488-4225 or call him directly at 416-402-6200.