

Post Extraction Sinus Considerations

It is common for teeth in the upper jaw to develop very close to the sinus of the upper jaw, or maxillary sinus. This occurs most often in the area around the molars.

When the root or roots of the tooth extend into the sinus, an opening, or communication, between the sinus and the mouth may occur as the tooth is removed,

With proper care these communications generally heal well. However, factors such as the size of the communication and quality of the bone and gum tissue may complicate the healing process. To make favorable healing most likely, you will need to carefully follow these instructions:

1. Maintain equal air pressure between the sinus and mouth at all times:
 - Do **NOT** blow your nose.
 - Do **NOT** play a wind instrument.
 - Do **NOT** use a straw.
 - Do **NOT** smoke.
2. Try to avoid coughing or sneezing. If a cough or sneeze is unavoidable, then open the mouth, turn the head toward the floor, and direct the cough or sneeze toward the floor through your **open** mouth.
3. **Gently** rinse the surgical sites as directed, beginning the day after surgery.
4. Please take all medications as directed.
5. Please use a nasal decongestant (drops or spray) as directed on the box. Neosynephrine 0.5% drops are suggested. Do **not** use these drops if you have high blood pressure. If you have high blood pressure, saline nasal spray may be use as an alternative.
6. If the sinus communication is on one side only, then please rest or sleep with the involved side tilted up. Example: If the communication is on your right side, then sleep with the left side of the face against the pillow.
7. Do not remove sutures (stitches).
8. Some bleeding from your nose may follow surgery. You may blot the area, but do **not** blow your nose.

Following these directions precisely will increase the likelihood of favorable, uneventful healing. Failing to follow these directions makes additional surgery to close the communication more likely.