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Sinus Graft and Perforation Instructions

Because of the close relationship between upper back teeth and the sinus, a communication between the sinus and mouth sometimes results from surgery. If we informed you at the conclusion of your procedure that this complication occurred, or you were scheduled to have the floor of your sinus raised and graft placed, please read the following instructions.

DO NOT BLOW YOUR NOSE for at least 14 days after surgery, even though your sinus may feel “stuffy” or there may be some nasal drainage.

Slight bleeding from the nose is not uncommon for several days after surgery.

When sneezing during the first two weeks, sneeze with the mouth open to avoid applying pressure to the sinuses.

Please take all medications as prescribed.

Do not use nasal sprays longer than directed as this will result in rebound congestion (persistent nasal congestion).

Do not smoke for two weeks.

Eat only soft foods, always trying to chew on the opposite side of your mouth, do not use a straw or spit forcefully for several days.

Please keep our office advised of any changes in your condition, especially if drainage or pain increases.

Sinus exposures and grafts often heal slowly and with difficulty therefore it is important that you keep all future appointments until this complication has resolved.