Sinus Exposure Post Operative Instructions

Important: Please read the information below to help your recovery from your oral surgery procedure.

Your sinus cavity has been exposed following a surgical procedure. The sinus should heal without complication if you can help by following these instructions:

- If prescribed, take antibiotics as directed. These are essential to prevent infection. Not all patients need antibiotics.
- Use all medication as directed on your prescription(s)
- Do not smoke.
- Do not blow your nose. If necessary, gently wipe or blot with a tissue. Some discharge (perhaps containing blood) may be expected for the first few days.
- Do not suppress a sneeze or sneeze with your mouth closed. If you must sneeze, open the mouth widely during the sneeze to avoid pressure in the nasal and sinus area.
- Do not swim or submerge your head.
- Do not use a straw.
- Do not spit.
- Do not rinse vigorously for several days. Chew on the opposite side as much as possible.
- Do not do any vigorous exercise.
- Strict adherence to these instructions may prevent the necessity of surgical closure at some later date.

Please call our office at the University of Minnesota Oral and Maxillofacial clinic if you have any questions or any unusual occurrences related to the healing of the sinus area.

Office Hours
Monday through Friday: 8 AM - 4:00 PM
(612) 625-2495

After Hours & Weekend Emergencies
Call the Fairview-University of Minnesota Medical Center switchboard at
(612) 273-3000