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**SPECIAL INSTRUCTIONS FOR PATIENTS WITH
SINUS OPENINGS**

The doctor has let you know that you have a sinus exposure (an opening between your mouth and your sinus) through a tooth socket. This is not an uncommon situation and is no cause for undue concern. You may need to have other procedures performed, including surgery if the area does not heal, therefore, follow these instructions closely to encourage healing and closure of the opening between your mouth and sinus.

1. Fill the prescriptions that you have been given and diligently follow the instructions on the labels.
2. Avoid all blowing or sucking actions, such as blowing your nose or using a straw. The healing tissue between the sinus and mouth is easily disturbed by sudden changes in pressure. If you must sneeze, keep your mouth open and do not pinch the nostrils shut.
3. Do not rinse your mouth for at least 24 hours. Then rinse, gently after each meal at bedtime and awakening in the morning with warm salt water (1/4 teaspoon salt in 8 oz. of water).
4. Some bleeding may occur through the nose during the first week. This is not a cause for alarm.
5. You may notice, during the healing period, that a small amount of any liquid you drink may escape through the nose. Also, there may be a slight alteration in the character of your voice and, occasionally, a sensation of air entering the sinus. If these symptoms occur, inform the doctor on your next visit. Be sure to have your appointment time and date written at the bottom of these instructions.
6. Smoking is irritating to the sinus, it delays the healing process, so it should be discontinued for at least 3 days or more after your surgery.