

Sinus Precautions

There is a close relationship between upper back teeth and your sinus. A communication between the sinus and the mouth sometimes results from surgery. Certain precautions will assist in healing. Please follow the listed instructions:

- **Do NOT** blow your nose for 2 weeks
- If you need to sneeze, keep your mouth open and do not try to hold back the sneeze.
- Do not smoke for as long as possible
- Avoid straws and spitting for several days
- Avoid nasal rinses and neti-pots for 2 weeks
- For sinus congestion and drainage please use the following recommended medications:
 - Daily allergy medication (Claritin, Allegra, Zyrtec)
 - Saline nasal spritz and flonase nasal spray every morning
 - Sudafed as needed