



Legacy Oral Surgery & Dental Implant Center

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Sinus Precautions following Sinus Lift Surgery or Opening into the Sinus

Because of the close relationship between upper back teeth and the sinus, a communication or “opening” between the sinus and mouth sometimes results from surgery. Certain precautions will assist healing and we ask that you faithfully follow these instructions:

1. Do not blow your nose for two weeks. If you must sneeze, make sure your mouth is open. You may wipe any nasal drainage with a tissue.
2. Avoid strenuous activity such as heavy lifting and bending over for two weeks.
3. Avoid flying for two weeks.
4. Do not smoke for two weeks. Complete abstinence gives the best chance for successful healing.
5. Do not rinse your mouth too aggressively for the first two weeks, rinse gently.
6. Take antibiotics as prescribed.
7. Do not use a straw for two weeks.
8. Neti pot/nasal irrigation and all nasal sprays may be used as normal.
9. Breathing assist devices for sleep apnea (CPAP) may be used as normal.
10. Eat only soft foods for one week, always trying to chew on the opposite side of your mouth or away from the surgical site. As long as you can cut your food with a plastic fork, it is okay to eat.

Slight bleeding from the nose is not uncommon for several days after surgery. If bleeding is severe, you must pinch your nostrils and bend forward for at least 45 straight minutes.

In case of emergency or if you have any questions concerning your progress, call the office at 508-586-5445.