

Home Care Instructions for Open Sinus Communication

Follow these instructions in addition to the standard post-operative instructions that you've been given.

1. Please take the prescribed antibiotics as directed. These are essential to prevent sinus infection.
2. Use nasal decongestants as directed, if prescribed or recommended.
3. Refrain from any vigorous mouth rinsing.
4. Do not smoke!
5. Do not blow your nose. If necessary, just wipe or blot with tissue. Some discharge (perhaps containing blood) is to be expected for the first few days.
6. Do not suppress a sneeze. Heavy pressure with a finger against the upper lip will sometimes break the sneeze reflex. Failing this, if you must sneeze, open the mouth wide during the sneeze to avoid pressure in the nasal and sinus areas.
7. Do not engage in scuba diving, snorkeling, flying, or any activity that could cause a pressure change between the sinuses and the mouth.
8. Do not explore or irrigate the involved area.
9. Avoid coughing, bending over, or abrupt head movements.
10. Strict adherence to these instructions may prevent the necessity of further surgical intervention.
11. For women, certain medications (birth control) may be less effective when taking other antibiotics, pain pills, etc. Alternative physical birth control measures must be taken during this time. If you have any questions, please check with your physician.

For additional information, please refer to our website www.eastbayoralsurgery.com. Click on patient information, then surgical instructions. If any unusual bleeding or swelling occurs, please call our office.