



WEST BALLANTYNE ORAL SURGERY

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Sinus Communication Post-Op Instructions

1. Take prescriptions as directed/prescribed.
2. Do not forcefully blow your nose for at least 2 weeks, even though your sinus may feel “stuffy” or there may be some nasal drainage. You may use an over-the-counter nasal decongestant (Afrin, Neo-Synephrine, or Saline nasal sprays), and/or over-the-counter allergy medications (Zyrtec, Claritin, Allegra, etc.) to alleviate any nasal congestion or sinus pressure.
3. **Try NOT to hold back any sneezes:** doing so could cause undesired sinus back-pressure and increase the size of your sinus communication. If you must sneeze, keep your mouth open.
4. Do not smoke for at least 1 week.
5. Do not use a straw for 1 week.
6. Eat only soft foods for several days, always trying to chew on the opposite side of your mouth.