



Novi Office 248.476.0800

Livonia Office 734.427.3366

Sterling Heights Office 586.323.7700

South Lyon Office 248.486.9202

After Hours Answering Service 586.693.8333

SINUS INSTRUCTIONS

Because of the close relationship between the upper teeth and the sinus, sometimes an opening can develop after surgery. Please follow these instructions carefully:

- Take prescriptions as directed.
- Avoid vigorous rinsing and spitting during the first 48 hours.
- Do not smoke for one week.
- Do not forcefully blow your nose for at least 2 weeks.
- Try not to sneeze; it will cause pressure. If you must, sneeze with your mouth open.
- Eat soft foods for several days. Do not chew by the surgical site. Chew on the opposite side as much as possible.

The following anticipated situations should cause no concern:

- Slight drainage from nose for several days is not uncommon
- With larger openings, you may notice nasal drainage with fluids or air passage.

Following these instructions will assist you, however if you have any questions please contact our office, Monday through Friday, 8:45am-5:00pm.

If an emergency arises after hours, please call our answering service at 586-693-8333.