



Celina Family Dentistry
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Oral-antral Communication Post-Operative Instructions

Because of the close relationship between upper back teeth and the sinus cavity, a communication between the sinus and mouth sometimes results from surgery. This complication has occurred in your case, which often heals slowly and with difficulty. Certain precautions will assist healing, and we ask that you faithfully follow these instructions.

- Take prescriptions as directed
- Do not forcefully spit for several days
- Do not smoke for several days
- Do not use a straw for several days
- Do not forcefully blow your nose for at least 2 weeks even if you feel “stuffy” or have nasal drainage
- Try not to sneeze. This causes undesired sinus pressure. If you must sneeze, keep your mouth open.
- Eat only soft foods for several days. Chew on the opposite side of your mouth.
- Do not rinse vigorously for several days. Gentle salt water swishes may be used.

*Slight bleeding from the nose is not uncommon for several days after surgery. Please keep our office advised of any changes in your condition, especially if drainage or pain increases. It is important that you keep all future appointments until this complication has resolved.