



**MID-VALLEY**

Oral, Maxillofacial & Implant Surgery

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Board Certified Oral and Maxillofacial Surgeon

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## SINUS PRECAUTIONS

Some procedures can injure the upper jaw sinus (above the upper molars). If you are advised to take sinus precautions, please follow these instructions:

- Do not blow your nose for 14 days. Instead use a tissue to wipe away fluids.
- Refrain from smoking as this interferes with healing.
- To reduce nasal pressure, sneeze and cough with your mouth open and do not block or pinch your nostrils.
- Avoid using a straw as this may reopen the wound.
- Please use an over the counter antihistamine such as Claritin or Allegra for two weeks. Use these products as directed.
- If you experience unexplained drainage, increased swelling or pain, air or fluids passing from the mouth to the sinus, contact the office immediately.