Sinus Exposure Protocol

Performed at Swedish Community Specialty Clinic (SCSC)  
After-hours contact #: 206-386-6000  
Hospital Operator—ask for the Dentist on call

Because of the close relationship between upper back teeth and the sinus, an opening and/or hole between the sinus and mouth sometimes results from surgery. If we informed you at the end of your procedure that this situation occurred please read the following instructions:

**General Guidelines**
- DO NOT blow your nose for at least 14 days after surgery, even though your sinus may feel “stuffy” or there may be some nasal drainage.
- When sneezing during the first two weeks, sneeze with the mouth open to avoid applying pressure to the sinuses.
- Do not smoke or drinking through a straw for two weeks.

**Bleeding**
- Slight bleeding from the nose is not uncommon for several days after surgery.

**Medications**
- You will probably receive an antibiotic prescription, please finish entire course of antibiotics.
- Please take all other medications as prescribed.
- Take over the counter decongestant such as Sudafed for the next 5-10 days as instructed in your pre-surgical visit.

**Diet and Fluids**
- Eat only soft foods for several days, always trying to chew on the opposite side of your mouth.

**Post-operative Appointment**
- Usually you will need a post-operative appointment 2 weeks after your surgery to evaluate your healing.
- Please keep our office advised of any changes in your condition, especially if drainage or pain increases. Sinus exposures often heal slowly and with difficulty, therefore, it is important that you keep all future appointments until this situation has resolved.