

## CENTRAL OKLAHOMA

### ORAL & MAXILLOFACIAL SURGERY ASSOCIATES, P.C.

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### SINUS PRECAUTIONS

The roots of the upper teeth are very close to the sinus. Sometimes an upper tooth cannot be removed without involving the sinus directly.

The majority of the time the sinus communication (hole in the sinus) will heal without problems by following these simple instructions:

1. Do not blow your nose until told you can by the doctor.
2. Do not hold back a cough or sneeze
3. Take an over-the-counter decongestant like Actifed for 7 days as directed on the package.
4. Take your antibiotics as directed

Sometimes additional surgery and bone grafting will be required to completely close the sinus defect.