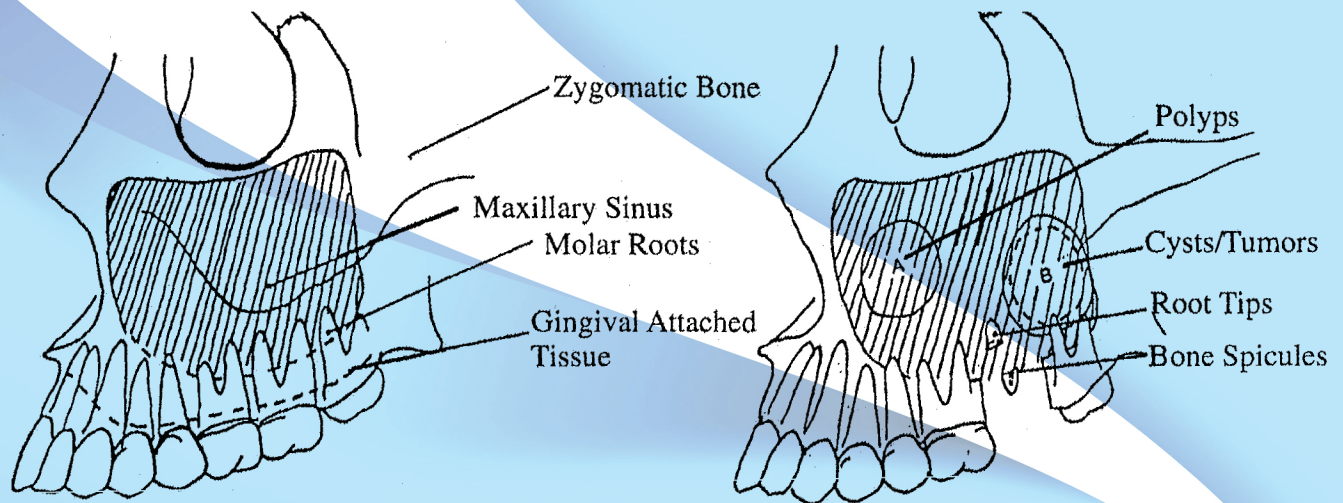


Maxillary Sinus Precautions



This informational letter is about your recent surgery or planned procedures within your upper jaw. Due to concerns visualized presurgically, or due to clinical findings during your surgical procedure, the following information is provided.



Surgery in or around the upper jaw and sinus has the potential for development of an opening between the sinus and the oral cavity. These communications between the sinus and oral cavity can be persistent and develop into chronic sinus infections and cause recurrent pain and discharge.

Due to problems recently encountered or anticipated with your procedure, the following recommendations are provided for you. Following these instructions will minimize the chance of any complications involving the sinus and the potential for long term antibiotic therapy, further surgery or treatment.

1. **Please avoid sucking on a straw** or any other device that would cause a negative pressure to be developed within your mouth.
2. **Do not smoke cigarettes** or use any other tobacco products for seven to ten days following your surgical procedure. Not smoking is critical to healing.
3. **Do gentle, warm, salt water rinses** every two to four hours for at least five minutes, then spit out the warm salt water.
4. If antibiotics are prescribed, ensure that you **take the medications** as indicated. It is critical to do this to minimize the chance of developing a chronic sinus infection or oral sinus communication.
5. **If nasal spray is prescribed, please use as directed.** Typically we will ask patients to use nasal spray (Afrin), two puffs, three to four times a day, for three days following your surgical procedure.
6. **If a decongestant is prescribed,** please insure that your **stay on the medication as prescribed.** Typically we will ask patients to use a routine decongestant for ten days following their surgical procedure.
7. Please ensure that you **return for your follow-up exam** If you experience any difficulty or problems prior to your scheduled examination, please do not hesitate to contact our office at your earliest convenience. Dr. McLelland and his team can be contacted 24 hours a day by calling 208-777-2122 or 509-922-CARE.

If you have any questions, please don't hesitate to contact our office for further directions. By following these directions, you will minimize the potential for any complications following procedures.

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