

# Sinus Perforation Post-Operative Instructions

The surgery which you just received has left a perforation in the membrane that lines the sinus floor. This sinus is a large hollow space in the upper jaw, usually lying just above the roots of the back teeth. There is a connection between the sinus and the respiratory (breathing) system. This is usually why many people have sinus trouble when they “catch a cold”. A perforation or opening resulting from a tooth extraction results in a direct communication between you mouth and your sinus through the socket from which your tooth was removed. A blood clot should form in this area to close that opening. A perforation or opening resulting from a sinus graft procedure has been covered by a dissolvable barrier.

We have taken certain measures to allow this perforation to heal. It will usually heal with no problems as long as the sinus doesn't have a previous infection or inflammation.

However, there are some precautions you must take so as not to disturb the healing process.

1. DO NOT disturb the blood clot in the socket from which the tooth was removed. The clot is what closed the perforation.
2. DO NOT blow through your nose. This will cause pressure and force the clot out of the socket.
3. Avoid anything that will cause you to sneeze or cough. Sneezing and coughing cause the same problem as blowing your nose. If you must sneeze or cough, do so with your mouth OPEN.
4. Avoid smoking. If you must smoke, do not blow smoke through your nose, and take light drags on the cigarette.
5. Take the medications that have been recommended to you. In addition, you may I also need to take Sudafed, 1 tablet three times per day for three days.
6. DO NOT be alarmed if you find blood in your nose. This may happen occasionally since the nose in connected directly to the sinus.

If you have any questions or concerns, please do not hesitate to call us.

**Emergency Phone Number (After Hours)**  
**(669)274-7774**

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