

Long Family Dental

POST OPERATIVE CARE FOR SINUS INVOLVEMENT

- Diet** Stick to a soft diet for your own comfort. Try to eat on the opposite side.
- Managing** Do not rinse mouth for seven days.
Do not blow your nose for seven days. Do not sneeze through your nose. If the urge to sneeze arises, sneeze with your mouth open.
Avoid smoking for seven days.
No swimming or heavy exercise for one week.
- Managing Bleeding** We've placed a gauze pack on the surgical site(s) to limit bleeding while the clot forms. The gauze packs should be left in place for 60 minutes after you leave the practice.
- Bleeding should never be severe. If bleeding becomes uncontrolled, please call us.
- Managing Pain** Tablets for pain relief should be taken as necessary and according to instructions. If pain persists, please call us.
- Oral Hygiene** Give the teeth their normal brushing and care.
- Contact Us** If you are concerned about any matter regarding the recovery; please call our office.