

Sacramento Surgical Arts, PC – Cosmetic, Facial & Oral Surgery
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SINUS PRECAUTIONS

You are being instructed to follow this list of "Do's and Don'ts" to decrease your risk of having a persistent opening between your sinus and your mouth, and to decrease the risk of developing a sinus infection, post operatively. These instructions are given when Dr. Heir encounters an opening between your sinus and the mouth at the time of surgery.

It is important to follow these instructions to promote proper healing. Follow these instructions for one week or longer, as indicated by Dr. Heir.

DO'S

1. **Do** take your antibiotics as prescribed.
 - ___ Augmentin 875 mg one tablet twice a day.
 - ___ Clindamycin 300 mg one tablet 4 times daily.
 - ___ Pen VK 500mg one tablet 4 times daily
 - ___ Keflex 500 mg one tablet 4 times daily
2. **Do** take your decongestant and/or antihistamine as prescribed.
 - ___ Sudafed 60 mg 3 times daily.
 - ___ Drixoral Allergy/Sinus one tablet 3 times daily
 - ___ Dimetapp Elixer – Use as directed.
3. **Do** eat a soft diet.
4. **Do** rinse your mouth **gently** with Peridex oral rinse or warm salt water 3 times each day.

DON'TS

1. **Don't** drink through a straw. Instead, drink directly from a cup, or use a spoon.
2. **Don't** smoke.
3. **Don't** sneeze - or if you have to sneeze, do so with your mouth **open** (so as to avoid excess pressure in you nose and sinuses).
4. **Don't** blow your nose. This creates excessive pressure in your sinuses. Instead, you may use "ocean" nasal spray (mild salt solution nasal spray) a few times per day. This is available, over the counter, at pharmacies.

