

Suburban Oral & Maxillofacial Surgery Associates PC

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Special Instructions for Sinus Communication and Closure

These instructions were given to you, because you developed an opening into your sinus (sinus communication) during your surgical treatment. They will help you minimize the chance of developing the post-operative complications that were discussed with you before your surgery. It is normal to develop one or more of the following symptoms after your surgery. You may have bleeding from the operative site(s) for 24 hours or more after your surgery. You will have discomfort and swelling around the site(s) and face, which will slowly get worse for the **next 2 or 3 days** to a maximum before starting to go away for several more days. You may apply ice to your face for 30 minutes per site, switching from side to side today and tomorrow while you are awake. This may help to reduce the amount of swelling from your surgery.

Bruising of your face and cheek on the side the sinus closure(s) is common. This bruising may be yellow-green or may be a purple bruise that will eventually turn yellow-green as it goes away. The bruising will likely travel from the cheek area down to the jaw line and can even travel to your neck and front of your chest. Even though this looks very dramatic, it is of no concern and will simply go away after 1-2 weeks like any other bruising.

You must refrain from bending over, heavy lifting, blowing your nose and/or sneezing. These activities will cause excessive pressure in your recently repaired sinus and could blow out the flap closure repair that was done in your mouth. If you feel that you are going to sneeze, try to sneeze with your mouth open and allow the sneeze to come out your mouth instead of your nose.

It is common to have bloody discharge from your nose for several days after the repair of your sinus. You may wipe your nose gently, but do not blow your nose. It is also common to have old blood or brownish discharge mixed with mucus for a couple of weeks in your nose during the day or in the back of your throat, especially when you get up in the morning. This happens because bleeding collects as a blood clot within your sinus immediately after the repair. After several days, the sinus slowly clears away the blood clot as it dissolves over time by moving it into your nasal passages, allowing the sinus to become air-filled once again.

It is common to experience fullness or mild pressure in the sinus which is normal during the first few weeks after the repair. If you experience severe pressure or pain in the sinus like an acute sinus attack, you must contact your doctor immediately. You may also experience a foul smelling or foul tasting discharge coming from the flap or the tooth socket which indicates a sinus infection. The flap will likely open up as this occurs. **Do not smoke at all** after your surgery as it will cause the sinus infection or the flap opening to occur much more frequently.

You will need to schedule a follow up appointment within the first 1 – 2 weeks after your surgery to evaluate the healing process. If non-dissolving stitches were used for your repair, they will be removed at the follow up visit. Further follow up visits may be necessary until it has been determined that the healing is complete.

The prescribed antibiotic must be started **as soon as possible** to decrease the chance of an infection. For females taking birth control pills, Depo-Provera, Implanon, Ortho Evra or Nuva Ring, be aware that their contraceptive effect is decreased for up to 2 weeks after completion of the antibiotic prescription. You should also take an over-the-counter decongestant like Allegra, Claritin, Sudafed or Zyrtec around the clock until your follow up appointment to help open the sinus passages and dry out the sinuses. If your nose is congested, use Afrin or Ocean saline nasal sprays as needed. Do not use Afrin or Dristan – type decongestant nasal sprays. These products can cause the opposite effect with increased swelling in your nose and sinuses and may close off your nasal passages completely. This can lead to a sinus infection.

If you have any problems or questions, call (716) 631-2800 24 hours/7 days a week. A live person will speak to you after a recorded message. State your procedure, problem and date of surgery, and your doctor will call you back shortly. Before going to an E.R. for any treatment, please call and speak to your surgeon first.