



BRUCE M. MacNICOL, D.D.S., M.S., F.R.C.D.(C).
MICHAEL T. JACKSON, B.A., D.D.S., M.Sc., F.R.C.D.(C).
ANDREW P. GATER, H.B.Sc., D.D.S., F.R.C.D.(C).
HURONIA ORAL SURGERY GROUP
Oral and Maxillofacial Surgeons

Wellington Square
128 Wellington St. West, Suite 308, Barrie, ON L4N 8J6
Tel (705) 734-9292 Fax (705) 734-0154 www.maxillocare.com

Sinus Precaution Protocol

Your doctor has determined that it would be beneficial for you to follow the following precautions to protect your maxillary sinus after your surgery.

1. **Do not blow** your nose for the first **2 weeks after surgery**. The outward pressure can open the wound from inside causing pain and bleeding. It may also lead to a permanent hole that will need to be closed again with additional surgery.
2. If you have to sneeze, please do not stifle it and try to **sneeze with your mouth open**.
3. **Do not smoke for 5 days**. Smoking while the wound is immature may lead to the same complications as # 1 above.
4. Do not use straws for 5 days. After that, use only with **clear fluids** (no milkshakes) until your surgeon tells you that the area has healed completely.
5. Do not be concerned if the sutures in that particular area last longer than surrounding sutures. It may be intentional as your doctor may have used a **longer** lasting suture.
6. Do not be concerned if you experience a slight bit of bleeding from your nose for a few days after surgery.
7. Be sure to attend any scheduled follow-up appointments.

If you have any further questions or concerns, please do not hesitate to contact us. We are available at (705) 734-9292.

Thank you .
Huronian Oral Surgery Group