

North Canyon Dentistry
17215 N 72nd Drive, Suite A-100
Glendale, AZ 85308
623-582-8384

Sinus Graft and Sinus Precautions

In certain conditions some upper (maxillary) teeth roots extend into the upper jawbone sinus. This condition is called a sinus perforation and is evident on some upper tooth extractions. If the sinus perforation is larger than 3mm, Dr. Mack may have chosen to graft the area with cow bone and collagen to promote proper healing. Without this vital procedure, chronic nose and sinus infections will occur. It is ESSENTIAL you heed the following instructions to promote proper healing.

1. Please take all medications as directed. You may be placed on an antibiotic and pain medication.
2. DO NOT blow your nose or blow up balloons or play wind musical instruments. This pressure created will displace your graft or blood clot. Dr. Mack will place you on over-the-counter nasal medications such as:
 - a. Benadryl antihistamine
 - b. Actifed antihistamine
 - c. Neosynephrine
3. Limit activity. Do not participate in heavy weightlifting or exercises.
4. Soft diet chewed on opposite side of mouth.
5. Use medicated rinses as directed. **DO NOT** brush the surgery site until instructed to do so.
6. Apply ice as necessary (or frozen peas) 30 minutes on- 5 minutes off.
7. Call us if complications such as large swelling, fever over 102 degrees or malaise.
8. Return for all follow-up visits
9. If you must sneeze, sneeze with your mouth open.

Thank you,

Dr. Mack and Team
623-582-8384