

**FLETCHER HILLS DENTAL IMPLANT
& ORAL SURGERY CENTER**

NICHOLAS N. GADLER, DDS, INC.

366 South Pierce Street

El Cajon, CA 92020

Tel: (619) 334-8880 Fax (619) 334-8885

SINUS INSTRUCTIONS

SPECIAL INSTRUCTIONS TO BE FOLLOWED CAREFULLY

After the extraction of your teeth, there is now a hole between your nose, mouth, and sinus. It is very important that you follow these instructions carefully, If you do, the opening will most likely heal itself. If you do not, it could require a surgical operation in the hospital to reclose it.

1. DO NOT BLOW YOUR NOSE: if you must, just blot dry your nose with a Kleenex. If you sneeze, do not tightly cover your mouth. Loosely cover it with your hand or pull your shirt up over your nose and sneeze away.
2. DO NOT DRINK WITH A STRAW: A straw creates suction that will loosen the blood clot and any new tissue that is forming.
3. DO NOT SMOKE: If you absolutely cannot stop and have to smoke then DO NOT SMOKE WITH YOUR MOUTH SEALED COMPLETELY: If you must smoke, leave an opening for air to come through, to prevent the suction force..
4. DO NOT SNIFFLE: Expect some drainage from your sinus, and some light bleeding—when this occurs, do not sniff, instead dab lightly.

If you have any questions or any problems, please call the office.

Do not miss your checkup appointment.

Follow these instructions for 14 days.

ALSO AVOID: Swimming, snorkeling, riding escalators, elevators, flying in airplanes and playing a musical instrument.

These things may cause positive pressure on your sinus and we want to avoid that.