

Emergency phone #

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Dr. Cameron Jones. 613-220-1211
Dr. Gordon Schwartz. 613-299-4724
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Ottawa Dental Emergency 613-523-4185



HOME CARE INSTRUCTIONS FOLLOWING SINUS SURGERY

It is very important to follow these instructions in order to reduce or minimize the risks of infection, bleeding and pain.

During the next 24 hours:

- Do not brush your teeth or rinse your mouth
- If a mouth rinse was prescribed, use only 24 hours after surgery
- Avoid extreme 'hot' or 'cold' liquids, such as tea, coffee, ice cream, etc.
- Limit yourself to a soft diet
- Do not chew on anything, including food
- Apply ice packs as instructed (20 minutes 'on', 20 minutes 'off')
- Do not smoke

During the next 7 days:

- Do not smoke
- Do not blow your nose
- Do not spit
- Do not swish if using mouth rinse – instead, slightly lower and gently move your head right to left
- Do not use straws
- Avoid sneezing if possible; if you must sneeze, keep your mouth open
- Do not blow balloons or blow into musical instruments
- Do not swim (including snorkeling or scuba diving)
- If you plan on flying, consult with your periodontist first
- Sleep with your head elevated at about 45 degrees
- Gradually increase your nutrition, but avoid *hard to chew* foods
- Avoid any strenuous activities, including the gym, sports, heavy lifting and/or pushing
- Take all prescribed/ recommended medications as instructed by your periodontist
- Occasionally, you may have a nosebleed – this is normal and should stop. If it is significant or persistent, call your periodontist
- If the pain, bad smell, or taste persists or increases, please call your periodontist