

**Emergency phone #**

Office..... 613-234-1211  
Dr. Cameron Jones..... 613-220-1211  
Dr. Gordon Schwartz..... 613-299-4724  
Dr. Sacha Singh..... 613-614-0215  
Dr. Mira Ghaly.....613-864-7225  
Dr. Eugenie MacKay..... 613-296-5489  
  
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
- 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 & 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 snorkelling or scuba diving)
- if you plan on flying – first consult with your periodontist
- sleep with your head elevated at about 45 degrees
- gradually increase your nutrition but avoid *hard to chew* foods
- avoid any strenuous activities including gym, sports, heavy lifting and/or pushing
- take all prescribed/recommended medications as instructed by your periodontist
- occasionally, you may have a bleedy nose - this is normal and should stop. If it is significant or persistent, call your periodontist
- if pain, bad smell or taste persist or increase, please call your periodontist