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**Instructions after sinus surgery or sinus involvement after extraction**

Please follow these instructions **in addition to your other instructions:**

1. Refrain from smoking for at least one week.
2. Only remove the stop-bleed pack after 60 mins.
3. After 2 hours eat ice-cream and leave it around the surgery site. This will help minimise the swelling. Do this 2-3 times today and tomorrow.
4. As soon as you get home, put an **ice pack** on the outside of your face as much as you can today and tomorrow. This will help the swelling calm down quicker.
5. Please **complete your course of anti-biotics** if you are given a prescription from your dentist.
6. Even if you do not have any pain, please take **400-600 mg of Ibuprofen tablets**. Ibuprofen is anti-swelling and will help reduce and pain, swelling and fever. Only take ibuprofen if you are not allergic, not asthmatic and if there is no interaction with your current medication. A combination of Paracetamol and Ibuprofen is an effective pain-killer post-surgery, providing you are not allergic.
7. Use Arnica cream on your face to subside any bruising. You can purchase this from Holland & Barrett.
8. For 3 weeks post-surgery, please use a straw to drink cold/warm drinks. Some liquid may come out your nose: please do not worry about this. As the surgical site heals, this will eradicate.
9. For 4 weeks post-surgery, if you need to sneeze, please do so **out of your mouth.** Do not pinch your nose whilst sneezing for 4 weeks.
10. For up to 4 weeks post-surgery, you may experience a tiny blood clot coming out of your nostrils or a watery discharge from your nostrils/back of your throat. Please do out worry about this. This is more than likely a blood clot/discharge from the maxillary sinus. It will soon go away.
11. For 4 weeks post-surgery, do not eat foods which can get **stuck** into the surgical site. Examples of foods to refrain from are rice, crisps and chewy foods. You do not need to adhere to a soup diet. Food consistency such as eggs and fish & chips are good. **Eat on the opposite side to your surgery.**
12. The day after surgery, put a dollop of Vicks (chest rub) into a face steamer/large bowl with slightly warm warmer (so that it is steamy). Cover your head with a towel and breath in the steam through your nose (slow deep breaths). **Do this for 15 minutes each time |twice a day | the first and second day after surgery.** Be careful with the warm water. This will help keep your nose clean.
13. If a tiny portion of your tooth root is dislodged into your sinus, please do not worry. It may come out some 1-6 weeks later. You can always come in so that we can facilitate its removal.
14. Rest today. It can take a few days for the pain/swelling to subside.
15. Do not panic. If you are worried, please call us. We are here to help 😊