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Sinus Precautions

Please follow these precautions closely to protect your healing sinus.

Why This Matters

Procedures involving the upper jaw, such as a sinus lift or upper tooth extraction, can leave the sinus membrane more sensitive than usual. Pressure changes in the sinus during healing can disrupt the area and slow recovery, so these precautions are meant to protect it while it heals.

No Nose Blowing

For 4 weeks, do not blow your nose. If you need to sneeze, do so with your mouth open to release the pressure instead of building it up in your sinuses.

No Straws or Smoking

Avoid drinking through a straw, smoking, or vaping for 4 weeks. The suction created by these activities can disrupt the healing sinus area.

Avoid Air Travel & Pressure Changes

Avoid air travel, scuba diving, and significant changes in altitude for at least 2 weeks, since these can affect sinus pressure while the area is healing.

Sleeping Position

Try to sleep with your head slightly elevated for the first 3 to 4 nights, using an extra pillow. This can help reduce pressure and swelling in the area.

Antibiotics

If you were prescribed an antibiotic, take it as directed to help prevent infection. If you develop a rash or other unfavorable reaction, stop taking it and call our office right away.

Activity

Avoid strenuous activities and heavy lifting for 1 week. Avoid playing wind instruments for 4 weeks, since blowing air with force can affect sinus pressure the same way nose blowing does.

Questions before your visit? Call us at (847) 367-4190.

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