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Sinus Surgery Post – Surgical Instructions

1. Sinus: If unable to avoid sneezing, please do so through your mouth. Make every attempt to not put undue pressure on the sinus
2. Medications: Be sure to take medications as prescribed. They are best taken with food unless otherwise noted.
3. Smoking: Smoking does not allow tissues to heal well. Do not smoke.
4. Diet: This is no time to lose weight. You must eat soft but nutritious foods in order to heal properly. Eating fresh pineapple has shown to reduce the amount of swelling following sinus surgery. Supplement your diet by having Ensure with your meals.
5. Cleaning: Brushing and flossing is not necessary in the surgery site during this first week of healing, but may be done gently if desired. Rinse three times a day with warm salt water rinses. (You may also use Peroxyl, do not dilute). If Chlorhexidene (Peridex or Perigard) is prescribed, be sure to follow the directions.
6. Activities: Do not do any strenuous activities that may raise your blood pressure. Do not drive or engage in dangerous work while taking narcotic medication.
7. Swelling: Swelling may be significant, often increasing in-degree up to the 4th or 5th day following surgery. Place ice on the areas for the first 24 hours and then moist heat may be used to increase circulation. A low-grade fever is also normal for the first 2-4 days.
8. Bleeding: Slight bleeding or spotting of the saliva is normal up to 48 hours following the surgery. If excessive bleeding occurs, first, carefully remove all traces of blood clots in the area, then, apply firm pressure with a moist gauze pad or tea bag for 10 – 15 minutes.
9. Sutures: Sutures will need to be removed at one week. Occasionally, we will use specific sutures designed to dissolve in 3 to 4 weeks.
10. Contact Dr. Anderson if any of the following should occur:
 - If you have any sinus symptoms such as excess drainage, pain in sinus when bending over or green/yellow discharge.
 - Excessive bleeding that cannot be controlled by instructions in paragraph 9
 - Excessive prolonged nausea
 - Appearance of rash or excessive itching
 - High grade temperature
 - Any other concerns – **CALL DR. ANDERSON**: 1-716-242-9237