

Sinus Precaution Instructions

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What is an oral-antral communication (sinus exposure)?

An oral-antral fistula is an opening or communication from your mouth (oral cavity) to your sinus (antrum). It usually occurs along the length of a tooth, i.e, the roots of the tooth are in, or close to the sinus, whereas the crown of the tooth is in the mouth. Sometimes with extractions, an opening occurs. Fortunately, most of these openings heal spontaneously, however a few of them have to be closed surgically.

Oral-Antral Communication Post-OP Instructions

1. **Take** the antibiotics as prescribed. This is important!
2. **Do not** blow your nose.
3. If your nose becomes congested, take “over-the-counter” nose drops as directed by the manufacturer. These drops will open your nasal passages. Nose drops should not be used for more than 5 days in a row.
4. If you have to **sneeze**, sneeze with your mouth open into a tissue. Do not pinch your nose in order to stifle a sneeze.
5. Rinse your mouth **gently** after each meal and at bedtime with salt water (½ teaspoon of salt in a cup of water).
6. It is important to maintain good oral hygiene. **Gently** clean your teeth and gums.
7. If there are any questions or **problems** please do not hesitate to call the office (705) 748-4166