

Sinus Precautions

With some people, the roots of upper teeth can be on the edge of, or even well into the sinus – separated only by a paper-thin membrane. (See x-rays at right) Sometimes, the process of removing a tooth can leave a hole from the mouth into the sinus. Other times, the membrane exists after the extraction, but things the patient does can later cause a perforation of the membrane.

If there is a communication between your mouth (through the base of the socket) and the sinus, you may notice the following:

- Irritation, congestion, and even infection of the sinus.
- Fluid that you drink can come out your nose.



Sinus Precautions:

When upper, back teeth are extracted (including wisdom teeth) with or without a communication to the sinus, you should not:

Sneeze, cough, or blow your nose unless your mouth is slightly open. Continue this behavior for two weeks.

Treatment:

If the dentist says the roots were into the sinus and the sinus membrane was torn or perforated during the extraction (this is often unavoidable), then in addition to sinus

Take amoxicillin or another antibiotic for 10 days.

Take an over-the-counter decongestant to help dry the sinus, such as timed-release Sudafed 120 mg (take twice a day for 10 days).

precautions (above) ... you will need to:

All of these things will help the body heal the problem. If, after one month, there is a situation where fluids pass freely between your mouth and nose, a second surgery may be necessary to resolve the situation.