

## **Ali Alijanian, DDS**

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### **Sinus instructions following teeth removal**

The roots of your upper teeth had grown through bone and into your sinus. Following their removal, an opening into the antrum was visible. This opening will usually close without complications; however, you may help by following these instructions:

1. Please take prescribed antibiotic tablets as directed as they are essential to prevent infection.
2. Refrain from sneezing through the nose. Open mouth sneezes are required during the healing process.
3. Do not inhale deeply on a pipe or cigar, blow or spit vigorously or suck through a straw.
4. Avoid blowing your nose, although some discharge containing blood for the first few days may be expected. (Bloody nose)

Strict adherence to these instructions may prevent the necessity of a surgical closure in the future.

If you have any questions about your recovery or the above recommendations, please call our office at **(925) 934-7888**. During business hours, a member of our team will be happy to assist you. If this is a life-threatening emergency, please call 911. After hours, you may call our office and follow the prompts to get in contact with Dr. Alijanian. You may also log on to our website [www.DrAlijanian.com](http://www.DrAlijanian.com) for further instructions.

*Thank you for making us your specialist of choice  
"We are committed to you...giving patients a reason to smile."*