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SINUS PRECAUTIONS

1. After leaving the office, rest and **avoid** all strenuous activities (work or play) for several days – keeping blood pressure lower will reduce bleeding and aid healing.
2. Do not blow your nose.
3. Do not smoke or use smokeless tobacco.
4. Do not take liquids through a straw.
5. Do not lift or pull on lip to look at sutures (stitches).
6. If you must sneeze, do so with your mouth open to avoid any unnecessary pressure on the sinus area.
7. Use decongestants for 14 days following your dental visit. Follow the directions on the package.
8. Take any prescribed medications as directed.
9. You may be aware of small granules in your mouth for the next few days. This is not unusual.

Notify the office if:

1. You feel granules in your nose.
2. Your medications do not relieve your discomfort.

PLEASE CALL OUR OFFICE AT 383-3368 IF YOU HAVE ANY FURTHER QUESTIONS OR CONCERNS.

Note to Women: Antibiotics may affect the efficacy of birth control pills. If you have been prescribed antibiotics and currently take birth control pills, use an additional form of birth control during the course of antibiotics and for the remainder of your cycle.

****NOTE**** It is important to follow all post treatment instructions closely. Failure to follow the instructions may result in poor healing; more discomfort and the success of the procedure may be affected. All costs associated with corrective treatment due to complications or poor healing will fall to you.