



ADDITIONAL PATIENT INSTRUCTIONS

(Following Surgical Closure of Oroantral Communication)

Dear Patient, as your procedure involved closing a communication between the oral cavity and the sinus, it is crucial that, in addition to the general instructions, you strictly adhere to the following rules to ensure a complication-free healing process:

Pressure and Breathing:

- **Sneezing:** If you need to sneeze, you must sneeze with your mouth open. This is essential to prevent pressure build-up in the sinuses, which could damage the surgical wound.
- **Mouth Pressure:** Creating pressure or a vacuum in your mouth is strictly prohibited (do not use a straw, swish liquids, or smoke cigarettes).
- **Blowing Your Nose:** Forceful blowing of the nose is strictly prohibited. If you have nasal discharge, only passive wiping with a tissue is allowed.

Nasal Care and Drops:

- **Nasal Drops:** Use nasal drops regularly for the next 7 days. (Recommendation: *Olynth HA*, 2 times a day).
- **Congestion:** In case of nasal congestion, spray saline solution into the blocked nostril (do not blow your nose under any circumstances).

Sleep and Recovery:

- **Sleeping Position:** It is recommended to sleep with your head slightly elevated (using an extra pillow) to reduce pressure in the head and sinus area.
- **Spotting / Bleeding:** Mild blood-tinged discharge from the nose is a normal and expected occurrence during the first 72 hours following the procedure. If the bleeding is prolonged or becomes heavy, please contact your doctor immediately.

Physical Activity:

- **Exercising and any form of physical strain are strictly prohibited for the next 3 weeks.**

Medication and Therapy:

- **You must take your prescribed medication (antibiotics and painkillers) exactly as directed, and follow all other general surgical instructions provided by your surgeon.**

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