



Idaho Falls Oral & Facial Surgery  
Riley J. Hicks, D.D.S.

### **Directions for Optimal Healing after Sinus Surgery**

**Rest and Nutritious Foods:** Resting and eating nutritious foods is essential for healing to begin and progress normally. Soft foods are best to avoid injury to the surgical site. Keep food away from the surgical site. High calorie and high protein foods are ideal for the first few days. Drink extra non-carbonated fluids to avoid dehydration, especially the day of surgery. Do not use a straw and avoid hot foods while still numb from the anesthesia.

**Cautions:** Do not blow your nose for 2-3 weeks. Do not try to suppress a sneeze. If you have a sneeze coming on open your mouth and let it go. Do not use a straw. Smoking will decrease your healing ability. Do not rinse your mouth vigorously for two weeks. Never use Hydrogen Peroxide as an oral rinse.

**Control your Pain:** Pain control is best obtained and maintained when you use your pain medicines prior to the local anesthesia wearing off. It is wise to eat some food prior to the taking this medicine as well. Take your medicine on a scheduled basis the first day-every four to six hours. You should realize that no pain medicine removes your pain sensation completely but lessens it so as to be tolerable. You may also use Ibuprofen as a second pain medicine. Follow the Ibuprofen label directions. Do not take extra Tylenol; it is already mixed with your narcotic pain medication. If adequate pain control isn't obtained please call us.

If you are prescribed an antibiotic use it as directed until it is gone.