

SINUS PRECAUTIONS

- Do not blow your nose.
- If you must sneeze, do so with your mouth open to avoid any unnecessary pressure.
- Do not smoke or use smokeless tobacco. Smoking greatly inhibits the healing process, especially in the sinus graft.
- Do not use a straw for 10-14 days.
- Do not lift or pull up your lip to look at the stitches as this may create damage and tear them.
- If given an antibiotic, please take until completed.
- You may have some bleeding through the nose. This is not uncommon and should pass quickly.
- You may be aware of some small granules in your mouth for the next few days. This is not unusual as your graft is mainly made of particles and some excess particles will be lost.
- If you feel congested, you may use over the counter Mucinex DM (for patients with high blood pressure avoid the "DM" and use regular Mucinex). Avoid nasal sprays unless they are saline.

Follow Up Appointments

If a follow up appointment is required, it will be scheduled for you on the day of surgery. You will be notified of the date/time by your surgical assistant. If unsure about follow up appointments, please call the office.

These instructions are in addition to the general post op instructions provided. Please reference those instructions as well. If you have any questions, please call the office.