



Sinus Precautions:

Please observe the following precautions if you have had surgery involving work near or in your sinuses. These instructions are to be followed for a minimum of **TWO WEEKS** following your graft procedure:

- DO NOT blow your nose for ONE MONTH.
- Sneeze with your MOUTH OPEN. If the urge to sneeze arises, do not sneeze through your nose and avoid pinching nostrils. Please do this for ONE MONTH.
- DO NOT forcibly spit.
- DO NOT SMOKE or use smokeless tobacco; smoking greatly inhibits the healing process, especially in the sinuses.
- DO NOT bend over at the waist to pick up objects, rather bend at the knee to keep your head upright.
- Avoid drinking with a straw. This creates powerful suction which could possibly destabilize the graft.
- Avoid swimming for ONE MONTH
- Avoid strenuous exercise (e.g. heavy lifting, running)
- Swish gently with salt water after each meal. DO NOT rinse vigorously.
- Sleep with your head slightly elevated. This will assist with proper sinus drainage during healing.

Be aware of the following signs during the healing phase:

- Slight bleeding from the nose is not uncommon and may occur for several days after surgery. Contact our office if bleeding seems excessive and/or persists beyond 48 hours.
- Slight nasal discharge is not uncommon and may occur throughout the healing period. Contact our office if discharge seems excessive, is strongly colored, and/or has an odor.
- Contact our office if you notice graft particles in your nose or mouth