



SINUS PRECAUTIONS

Your procedure involved treatment near the sinus, either because the sinus was exposed during surgery or because you had a sinus lift with bone graft. Avoiding pressure changes in your nose and sinus is important for proper healing and helps prevent complications. Please follow these additional precautions carefully.



1 Take all medications as directed.

Take your prescribed medications according to your surgeon's instructions. Antibiotics help to prevent infection, so please finish the full course.



2 Do NOT blow your nose.

Do not blow your nose for at least 2 weeks, even if your nose feels stuffy or you have nasal drainage. Blowing creates pressure that can reopen the surgical site. You may gently dab or wipe your nose with a tissue instead.



3 If you need to sneeze, keep your mouth OPEN.

Do not hold in your sneeze or pinch your nostrils closed. Allow the sneeze to come out through your mouth to reduce pressure on your sinuses.



4 Avoid smoking, vaping, and tobacco products.

Do not smoke, vape, or use tobacco products for at least 2 weeks (and longer if your surgeon advises) while your surgical site is healing. Smoking and the use of tobacco products can interfere with healing.



5 Avoid using straws.

Avoid using straws for at least 2 weeks because they create pressure changes that can interfere with healing.



6 Avoid certain activities that increase sinus pressure.

For the first 2 weeks, avoid bending over, heavy lifting, strenuous activity, flying, scuba diving, playing a wind or brass instrument, or any activity that builds sinus pressure.



7 Eat soft foods.

Eat soft foods for 7 days and chew on the side of your mouth opposite the surgical site. Hard, crunchy, and sticky foods can irritate or disturb the area.



8 Rinse gently after meals with warm salt water.

You may do gentle warm salt-water rinses after meals to keep the site clean. Let the water fall out of your mouth, but do not swish or spit vigorously.



9 Use decongestants as directed by your surgeon.

If recommended, Afrin (oxymetazoline) nasal spray and/or Sudafed (pseudoephedrine) may help relieve nasal congestion and sinus pressure. Use these medications only as directed (generally, do not use Afrin for longer than 3 days unless your surgeon specifically instructs you otherwise).



IMPORTANT REMINDERS

- Follow all instructions provided by your surgeon.
- Take medications as prescribed.
- Keep your head elevated, especially the first 3 to 5 nights.
- Attend all scheduled follow-up appointments until your surgeon confirms that the area has healed.
- Call our office with any questions.



WHAT YOU MAY NOTICE

- Swelling, bruising, and mild pressure.
- A small amount of blood-tinged drainage from the nose can occur for several days after surgery and can be normal.
- Small bone graft particles may occasionally be noticed following a sinus lift with bone graft.



CALL OUR OFFICE IF YOU EXPERIENCE:

- Heavy or persistent nosebleeding
- Increasing pain or pressure
- Increasing swelling
- Excessive or discolored nasal drainage
- Foul-smelling drainage or a bad taste
- Fluid or food passing between your mouth and nose
- Fever or chills
- Any other change in your condition that concerns you



Office: (404) 378-2331

We're here for you!

Please contact our office if you have any questions or concerns. Your comfort, safety, and healing are our top priorities.