

POST-OPERATIVE INSTRUCTIONS FOR SINUS GRAFT PATIENTS

1. Treat with ice for the first 48-hours (15 minutes on/15 minutes off).
 2. No blowing nose. Simply wipe nose if needed.
 3. Mandatory no smoking for at least 48-hours, but longer would be preferable.
 4. Nosebleeds are normal and may occur up to several days following surgery.
 - Treat by leaning head back; apply ice and direct pressure.
 - Do not be alarmed by the presence of bone granules. Some drainage is normal from the nose and mouth, just wipe away.
 5. Try to avoid sneezing, but if one comes on, sneeze through the mouth. Do not pinch nose.
 6. Severe cheek swelling is also normal following this procedure. If eyes swell completely shut, please call our office at the phone number below.
 7. If nasal congestion is noted, use over the counter Actifed or Sudafed and use over the counter nasal spray such as Afrin for 2 days according to the directions.
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