



## **Sinus Instructions**

Take the following precautions to ensure adequate sinus healing if there is communication between the mouth and the sinus.

It is important to follow these instructions:

1. Take medications as directed.
2. Avoid any situation which might raise sinus pressure for two weeks; this includes sneezing and blowing your nose. If you sneeze, do so with your mouth open.
3. For nasal stuffiness, use nasal decongestants such as Afrin, Neo-Synephrine, etc.
4. Do not use a straw.
5. Do not smoke. Smoking causes negative pressure and inhibits healing.
6. Eat soft foods for several days, and chew on the opposite side as much as possible.
7. Do not rinse your mouth vigorously for several days.

It is not uncommon to have a slight amount of bleeding from the nose for several days.

*If you have any questions regarding your procedure, please call our office at (520) 742-6136. If you call after normal office hours, you will receive our answering service and our on-call doctor will be able to assist you.*