

## Sinus Elevation Post Operative Instructions

### **Sinus Elevation:**

- \*DO NOT blow your nose, or “sniff” for two weeks following surgery.
- \*DO NOT go swimming or sit in a hot tub for two weeks following surgery.
- \*DO NOT smoke or use spit tobacco.
- \*DO NOT take in liquids through a straw.
- \*DO NOT lift or pull on lip to look at sutures (stitches).
- \*DO sneeze with your mouth **OPEN** to avoid any unnecessary pressure in the sinus area.
- \*DO take your medication as directed, including the use of nasal spray.
- \*You may be aware of small granules in your mouth for the next few day. This is not unusual.

### Notify the Office If:

- \*You feel granules in your nose.
- \*Your medications do not relieve your discomfort.

### ***Important:***

These instructions are in addition to the general instructions. If there is duplication, the instructions on this page supersede all others.