

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.