



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 chewing or spitting tobacco.
 - *DO NOT take in liquids through a straw.
 - *DO NOT lift or pull-on lip to look at sutures (stitches).
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- *Please try and sneeze with your mouth OPEN to avoid any unnecessary pressure in the sinus area.
 - *Make sure to take your medications as directed, including the use of nasal spray.
 - *You may be aware of small granules in your mouth for the next few days. 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.