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practice limited to periodontics
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SINUS SURGERY INSTRUCTIONS

1. Take prescriptions as directed.
2. Sleep in a semi-reclined position for 48-72 hours. Do not bend over or lie flat.
3. Refrain from blowing your nose for at least two weeks.
4. Try not to sneeze or cause pressure in the sinus area, but if you need to sneeze, don't try to hold back the sneeze.
5. Do not use a straw or smoke a pipe. The use of cigarettes should be discontinued as it delays healing.
6. Eat a soft diet for several days- chew on the other side as much as possible.
7. Do not rinse your mouth vigorously until instructed by your doctor.
8. It is not uncommon to have a slight amount of bleeding from the nose for several days.
9. It is not uncommon to have swelling in the cheek and eye areas. This can be minimized by using the ice pack as directed following surgery.
10. Heavy physical exercise will raise your blood pressure and pulse. This can open the sinus repair and prevent proper healing.