



## **SINUS GRAFT SURGERY POST OPERATIVE INSTRUCTIONS**

- ❖ Do not blow your nose or sniff vigorously.
- ❖ Do not smoke or use smokeless tobacco.
- ❖ Do not take in liquids through a straw.
- ❖ Do not lift or pull at your lip or cheek to look at the sutures.
- ❖ Do not bend down too often during the first week. Use an extra pillow when sleeping.
- ❖ If you sneeze, do so with your mouth open to avoid any pressure in the sinus area.
- ❖ You may be aware of some granules in your mouth for the next few days. This is not unusual.
- ❖ A small amount of oozing of blood through the nose is not unusual.
- ❖ Notify us if you feel granules in your nose.
- ❖ Notify us if you have any swelling after two weeks.