

SINUS INSTRUCTIONS

In some instances, sinus congestion or stuffiness may develop following oral surgery. In order to prevent the development of a communication between the sinus and the mouth, please follow these instructions:

1. Use a mild decongestant or antihistamine if considerable congestion or post nasal drip occurs.
2. DO NOT blow your nose for 2 weeks following surgery
3. DO NOT stifle a sneeze. If you must sneeze, do so through your mouth and NOT your nose in order to minimize air pressure in the sinuses.
4. Take prescribed medications as directed.
5. Call the office with any questions regarding the above.
6. Possible bloody nose for 24 hours