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## **POST-OPERATIVE INSTRUCTIONS FOR SINUS GRAFT PATIENTS**

1. Treat with ice for the first 48 hours. (30 minutes on / 30 minutes off)
2. **Do Not Blow Your Nose.** Sniff back only and wipe end of nose.
3. **No smoking for 48 hours.**
4. Nosebleeds are normal and may occur up to several days following surgery.
  - Treat by leaning head back and applying ice and direct pressure.
  - Do not be alarmed by the presence of bone granules. Some drainage is normal from the nose and mouth, just wipe away.
5. Try to avoid sneezing, but if one comes on, sneeze through the mouth. **Do not pinch nose.**
6. Severe cheek swelling is also normal following this procedure. If you are concerned about the amount of swelling, please call the office.
7. Use over the counter Actifed, Sudafed, or Afrin nasal spray for 1 week, following the doctor's orders.
8. Take all prescribed medications as directed and on time.
9. No bending or heavy lifting.
10. If you have questions or concerns, please call the office.