



SINUS AUGMENTATION POST-OPERATIVE INSTRUCTIONS

1. Do **NOT** blow your nose for at least 7 days. The pressure from blowing your nose may damage the surgical site and/or delay healing.
2. If you need to sneeze, do **NOT** hold it back. To minimize the pressure on your graft, sneeze with your mouth open.
3. You may use nasal decongestants, such as over the counter Sudafed or Afrin nasal spray. If you notice continued drainage or feel the need to blow your nose, these medications will help dry your nose and sinuses.
4. Take the antibiotics as prescribed by your doctor until they are finished. Antibiotics help protect the surgical site from infection.
5. **Do not drink through a straw.** This creates suction, which may damage the healing blood clot. You may drink out of a cup or bowl or use a spoon.
6. You may get a nose bleed on the side of your surgery.
7. **Do not smoke.**

If you have concerns or questions, please phone. In order to reach your surgeon, it is best to phone during office hours. If you have a question after hours, a surgeon is available through the answering service at (707) 545-4625.