

## **Post-Operative Instructions for Sinus Grafting**

Please CALL at any hour of any day to report any continuing problem.

In addition to the general postoperative instructions, we would like to emphasize a few points.

If you had a sinus grafting procedure performed, the general postoperative instructions still apply, but I would like to emphasize a few important points about your particular procedure and remind you of some instructions:

1. Do not blow your nose.
2. If you must sneeze, do so with your mouth open to avoid any unnecessary pressure on the sinus area.
3. Do not smoke or use smokeless tobacco. Smoking greatly inhibits the healing, especially in the sinus graft.
4. Do not take liquids in through a straw.
5. Do not lift or pull up on your lip to look at the stitches, as this may actually create damage and tear the stitches.
6. Take your antibiotics as directed and until finished.
7. You may have some bleeding from the nose. This is not uncommon and should pass quickly.
8. You may be aware of small granules in your mouth for the next few days. This is not unusual, as your graft is mainly made of small particles and some of these are lost in the healing process.
9. If you feel congested, you may need to use antihistamines or decongestants. If you do, use over-the-counter products such as Tavist-D or Dimetapp. I would also suggest that you avoid nasal sprays unless they are saline. Most of the time, patients do fine without any nasal sprays, antihistamines, or decongestants.