

Sinus Graft Post-Operative Instructions

1. Place a bag of ice or frozen peas over your cheek to help reduce swelling. You may also sip ice water gently. Do not swish the water.
2. Keep your head elevated as much as possible for the first 24 hours.
3. Rest as much as possible. Do not do aerobic exercise or heavy lifting for 5 days.
4. Do not blow your nose for one week.
5. Do not smoke or use smokeless tobacco for one week.
6. Do not take liquids through a straw.
7. Do not lift or pull up on your lip to look at the sutures.
8. If you must sneeze, then do so with your mouth open to avoid any unnecessary pressure on the sinus area.
9. Take your medications as directed.
10. You may be aware of small granules in your mouth for the next few days. This is not unusual. Notify the office if you feel granules in your nose.
11. Call us if the medications do not relieve your discomfort.

Emergency Number 574-271-9000