
SINUS PRECAUTIONS

Please follow these instructions carefully for the next two weeks. You may have developed or are at high risk of sinus communication from surgery. We want to be certain the tissue heals properly and the sinus communication does not become permanent. We recommend:

- **Do not** smoke. Any form of smoking dramatically reduces wound healing and can make the healing process extremely difficult
- Avoid blowing your nose for the next two weeks. If you have sinus congestion, you may use a nasal spray twice a day or over the counter medications like Sudafed or Dimeatapp for the next two weeks
- Avoid any strenuous activities that increase pressure in your sinuses such as: bending over, exercise, swimming, or drinking through a straw
- If you have to sneeze, try to do so with your mouth open
- Do not rinse your mouth too vigorously, rinse gently. Continue normal oral hygiene, avoiding the surgical site(s) and using the prescribed mouth rinse or a warm salt water rinse 2-3 times per day
- Do not play any wind instruments
- Do not open your mouth widely
- Please take antibiotics as prescribed until completely gone
- It is not uncommon to have slight bleeding from your nose for several days
- Sleep with your head slightly elevated
- Eat a soft chew or liquid diet. Chew on the opposite side of your mouth as much as possible
- Please contact our office immediately if you have a feeling of water in your nose, persistent sinus pressure, pain, discharge or swelling.

If you have other questions or concerns please reach out to our team. If over the weekend please call 206-641-7212 and follow the prompts.