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## **Sinus Lift Postoperative Instructions**

### **Specific Sinus Precautions**

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** take in liquids through a straw.
4. **Do not** lift or pull on lip to look at stitches.
5. You may be aware of small granules in your mouth for the next few days. This is **not unusual**.
6. You may have some bleeding from your nose; this is **not** uncommon and should pass quickly.

### **Notify the office if:**

You feel granules in your nose  
Your medications **do not** relieve your discomfort

### **Medications:**

#### Antibiotic

- Take your antibiotics as directed until finished.

#### Decongestant

- Start **oral** decongestant (**Sudafed**) on the day of surgery and continue for 2 additional days. Take as directed.
- Start **nasal spray decongestant (Afrin)** on the day of surgery and continue for 2 additional days. Expect “rebound” nasal stuffiness after the 3 day regimen is complete. You may use saline nasal spray (Ocean Nasal Spray) to help relieve your symptoms.

#### Oral Steroid

- If you have been prescribed an oral steroid, it is for **anti-inflammatory** purposes. Take as directed.

#### Pain Reliever

- Take as directed. Please contact the doctor’s office if your medication(s) does not relieve your discomfort.