

# After Sinus Surgery

## Sinus Precautions

The sinus surgery performed resulted in contact or communication with your maxillary (upper jaw) sinus. Certain precautions will assist with the healing of the procedure, and we ask that you faithfully follow these instructions:

- Take prescriptions as directed. Continue antibiotic until prescription is completely gone
- Use Afrin Nasal Spray- 3 puffs per nostril, twice daily
- Do not forcefully spit for several days
- No smoking of any kind for 10-14 days (cigarettes, vapes, marijuana).
- Do not use a straw for several days
- Avoid creating pressure in the sinuses
  - Do not forcefully blow your nose for at least two weeks, even though your sinus may feel “stuffy” or there may be some nasal drainage.
  - If you must clear your nose, please do so very gently. Never clear your nose with tissue covering your nostrils. Do not plug one nostril to clear the other one or vice versa.
- Try not to sneeze; it will cause undesired sinus pressure. If you must sneeze, keep your mouth open and do not try to “sniffle”.
- Eat only soft foods for several days, always trying to chew on the opposite side of your mouth.
- Do not rinse vigorously for several days. **Gentle** saltwater swishes may be used.

**\*\*Slight bleeding from the nose is not uncommon for several days after surgery\*\***

*-Please keep our office advised of any changes in your condition, especially if drainage or pain increases. It is important that you keep all future appointments until this complication has resolved.*

*-If you have any questions, please call the office. We will be happy to answer your questions or concerns.*