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## **POSTOPERATIVE INSTRUCTIONS** **FOR SINUS GRAFTING**

- **DO NOT BLOW YOUR NOSE.**
- **IF YOU MUST SNEEZE, DO SO WITH YOUR MOUTH OPEN TO AVOID ANY UNNECESSARY SINUS PRESSURE.**
- **DO NOT SMOKE OR USE SMOKELESS TOBACCO. SMOKING WILL INHIBIT THE HEALING OF THE GRAFT.**
- **DO NOT USE A STRAW TO DRINK LIQUIDS.**
- **DO NOT LIFT OR PULL YOUR LIP TO LOOK AT THE STITCHES. DOING THIS WILL CREATE DAMAGE AND TEAR THE STITCHES.**
- **TAKE ALL OF YOUR PRESCRIBED MEDICATIONS AS DIRECTED UNTIL THEY ARE FINISHED.**
- **YOU MAY HAVE SOME BLEEDING FROM YOUR NOSE. THIS IS NOT UNCOMMON AND SHOULD PASS QUICKLY.**
- **YOU MAY BE AWARE OF SOME SMALL BONE GRAFT GRANULES IN YOUR MOUTH FOR THE NEXT FEW DAYS TO A COUPLE OF WEEKS. THIS IS NOT UNUSUAL AND WILL RESOLVE ON ITS OWN.**
- **FOR NASAL CONGESTION USE A SALINE NASAL SPRAY.**