

## **Sinus Graft Instructions**

- Treat with ice for the first 48-hours (10 minutes on/5 minutes off).
- No blowing nose for 2 weeks. Sniff back only and wipe end of nose.
- No smoking for 48-hours.
- Nosebleeds are normal and may occur up to several days following surgery. Treat by leaning head back, apply ice and direct pressure.
- Do not be alarmed by the presence of bone granules. Some drainage is normal from the nose and mouth, just wipe away.
- Try to avoid sneezing, but if one comes on, sneeze through the mouth. Do not pinch nose.
- Severe cheek swelling is also normal following this procedure. If eyes swell shut, please call our office at the phone number above.
- Use over-the-counter Actifed or Sudafed for 1 week.