

## **Sinus Graft Postoperative Instructions**

- **Do not blow your nose**
- **Do not lower your head**
- **Do not smoke or use smokeless tobacco**
- **Do not take in fluids through a straw**
- **Do not lift or pull on lips to look at sutures (stitches)**
- **Do not swim, dive, water ski or fly for the next eight weeks**
- **If you must sneeze, do so with your mouth open to avoid any unnecessary pressure on the sinus area**
- **You may be aware of small blood clots or granules in your nose or mouth for the next few days. This is not unusual. If it's excessive notify the office immediately**
- **Sleep for the next week with your head elevated 45 degrees using additional billows**

If you have any questions or problems, please call: (904) 731-4347 after hours (904) 328-1174.