

Sinus Precautions

If you had maxillary sinus surgery, sinus augmentation with bone grafting or an extraction with proximity or an opening into the sinus, there are a few extra instructions you need to know to expedite healing and reduce the possibility of complications:

- **Do not** blow your nose for a period of **10-14** days
- **Do not** use straws or generate suction in your mouth for **10-14** days
- **Do not** smoke for **10-14** days
- Try to sneeze with your mouth open
- Take all the medicine (antibiotics and decongestants) as prescribed
- Avoid flying for 2 weeks
- Slight oozing or bleeding from the nose is normal and should subside in **3-5** days, otherwise please call the office at **(831)-688-1975**