

SINUS PRECAUTIONS

Your surgeon has recommended sinus precautions for your recovery. It is recommended that you follow these precautions for 2 weeks, unless directed otherwise. The goal of sinus precautions is to prevent the passage of air and/or fluids between the mouth and sinus cavity. This will allow the sinuses to heal, preventing a permanent communication. In the case of sinus-lift bone grafts, this will prevent disruption and loss of the new graft.

Avoid:

- Blowing your nose - It is best to wipe away nasal secretions carefully. After two weeks, if you must blow your nose, blow gently through both sides at the same time.
- Blowing - Do not blow into a musical instrument or blow up balloons.
- Sneezing - If you must sneeze, keep your mouth open and do not pinch your nose or try to hold the sneeze in.
- Sucking - Do not drink through a straw and do not smoke.
- Smoking - This may prevent graft healing.

Be cautious when:

- Pushing
- Lifting
- Bending over