



POST-OPERATIVE INSTRUCTIONS FOR SINUS AUGMENTATION AND SINUS PRECAUTIONS

The following additional information has been prepared specifically regarding your post-surgical care following sinus augmentation surgery or a procedure that involved a communication between the mouth and the maxillary sinus. Please read and follow the instructions carefully.

- Do not forcefully blow your nose until you are seen for your post-operative follow-up appointment.
- If you feel the need to sneeze, try to direct any pressure through your mouth rather than your nose by sneezing with your mouth open.
- Mild drainage, pressure, or nosebleeds on the side of the surgery are expected. However, if you notice **significant** drainage, pressure, or nosebleeds on the side of the surgery, please notify us immediately.
- In addition to the prescribed medications, you may be asked to use the following over-the-counter medications:
 - Afrin nasal spray, 2 sprays per nostril every day for 3 days
 - Any 2nd generation antihistamine (e.g., Allegra, Claritin, Zyrtec, etc.) as directed on the box for 7 days

If you have any concerns, please do not hesitate to call our office at **(720) 703-9116** during normal business hours.

During evening and weekend hours, our doctors can be reached at
Dr. Diehl (720) 633-7875 | Dr. Leong (720) 900-5088

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