



Sinus Precautions

Please observe the following precautions if you have had surgery involving work in OR near your sinuses.

1. **DO NOT** blow your nose forcibly for 2 weeks. (you can gently blow your nose if needed)
2. **DO NOT** forcibly spit for one week.
3. **DO NOT** smoke or use smokeless tobacco; smoking greatly inhibits the healing process, especially in the sinuses.
4. Sneeze with your MOUTH OPEN. If the urge to sneeze arises, do not sneeze through your nose and avoid pinching nostrils.
5. Drink without a straw for one week.
6. **DO NOT** bend below the waist.
7. You may use an antihistamine.
8. Avoid swimming for one month and strenuous exercise (e.g. heavy lifting) for one week.
9. Gentle swishing with salt water may be done for one week, but **DO NOT** rinse vigorously.
10. Slight bleeding from the nose is not uncommon and may occur for several days after surgery.

*****Please keep our office informed of any changes in your condition, especially if drainage or pain increases. It is important that you keep all future appointments until you have fully recovered.***