

SINUS PRECAUTIONS

Please follow these instructions carefully to promote proper healing:

- DO NOT blow your nose for at least 6 weeks.
- DO NOT spit forcefully for at least 1 week.
- DO NOT smoke or use smokeless tobacco — it severely delays healing, especially in the sinuses.
- DO NOT use a straw to drink for 1 month.
- DO NOT swim or do strenuous exercise (including heavy lifting) for 1 month.
- Gently swish with warm salt water or Peridex (if prescribed) for 1 week, but DO NOT rinse vigorously.
- DO NOT sneeze through your nose. If you need to sneeze, keep your mouth open and do not pinch your nostrils.
- A small amount of nose bleeding is normal for a few days after surgery.
- Follow-up: It is essential to keep all follow-up appointments until your surgeon clears you.

QUESTIONS OR CONCERNS? PLEASE DON'T HESITATE TO CONTACT OUR OFFICE.