

## POST-OPERATIVE INSTRUCTIONS: SINUS CARE

You have had surgery in, or around, your maxillary sinuses. It is very important to follow a few key rules to ensure that healing is not delayed and there are no untoward complications.

**\*\*\*PLEASE DO NOT BLOW YOUR NOSE FOR 2 WEEKS POST-OPERATIVELY.**

If your surgeon feels it is warranted, you may be prescribed a nasal spray. It is important to take it as directed. Please do not use other nasal sprays.

**\*\*\*PLEASE DO NOT SMOKE OR DRINK THROUGH A STRAW FOR 2 WEEKS POST-OPERATIVELY.**

This creates suction and negative pressure within the sinus cavity and will alter healing.

**\*\*\*IT IS IMPORTANT TO AVOID STRENUOUS ACTIVITY FOR 2 WEEKS POST-OPERATIVELY.**

Avoidance of elevations in blood pressure are required to allow proper sinus healing.

If you have been prescribed antibiotics, please take them as prescribed until completion.

It is very important to be careful with the sutures that have been used to close the sinuses. A soft diet (no chewing) is recommended for 2 weeks post-operatively. This will ensure that the incision remains closed and greatly assist the healing process.

Please let our office know if you experience coloured discharge from the sinus or new onset facial swelling after the initial period of healing. This could represent infection and should be dealt with accordingly. We would prefer that you return to our clinic if there is any question or concern as we can then manage any complications as they arise.

If there is an after-hours emergency, please call (250) 371-7076 and follow the prompts to reach someone on call.

Remember, we are here for you at APEX Surgical. Thank you for letting us be part of your care.