

### **Surgical Instructions for Sinus Augmentation**

1. It is very important to finish all antibiotics prescribed.
2. If you pre-medicate with an antibiotic, make sure to take it for each appointment.
3. If you have chronic sinus congestion or begin to experience nasal /sinus congestion – begin Sudafed the day after the sinus augmentation procedure. Continue as long as needed. For correct dosage, follow the directions on the Sudafed box.
4. If you experience sinus drainage, use Sudafed spray.
5. Avoid blowing your nose for 2 weeks following your surgery.
6. Do not drink with a straw or drink carbonated liquids (minimum 3 days).
7. While drinking, a small amount of liquid may come out of one or both nostrils – this is nothing to be worried about and will go away as the area heals.
8. Please try NOT to sneeze. If you need to sneeze, do NOT squeeze your nose and make sure to keep your mouth open.
9. DO NOT SMOKE. Smoking can cause this procedure to fail.
10. Scuba diving and flying in pressurized aircraft may also increase sinus pressure and should be avoided.
11. Avoid *bearing down*—as when lifting heavy objects, blowing up balloons, playing musical instruments that require a blowing action, or any other activity that increases nasal or oral pressure.
12. Do not rinse or spit on the day of your surgery. This tends to disturb the blood clot and open the wound, and it can prolong bleeding and slow healing. You should not have a significant amount of blood in your mouth. Saliva can be swallowed, even if slightly blood-tinged.