



After Surgery Care for SINUS GRAFTING

- Do not blow your nose for the NEXT 4 WEEKS.
- If you must sneeze, do so with your MOUTH OPEN to avoid any unnecessary pressure on the sinus area.
- Do not rinse or spit for at least 72 hours.
- Do not brush your teeth next to the surgery site for the next 48 hours.
- Do not smoke or use smokeless tobacco. Smoking greatly inhibits healing, especially in the sinus graft.
- Do not drink through a straw for at least 3 days.
- Do not drink carbonated beverages for at least 3 days.
- Do not lift or pull up on your lip to look at the stitches: this may actually create damage and tear stitches.
- If you wear a CPAP for Obstructive Sleep Apnea, DO NOT use it after a sinus graft. These units cause pressure on a new surgical flap and the air dries out the tissues and can prolong healing.
- Take any prescribed antibiotics as directed and until finished.
- Get plenty of rest. Avoid excessive activity.

DO NOT drink alcohol while taking narcotic medications.

If you have questions or problems, please contact our office. In the event of an emergency, proceed directly to the emergency department of the nearest hospital.

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