

Home Care Instructions Following Sinus Surgery

It is important to follow these instructions in order to reduce or minimize the risks of infection, bleeding and pain.

During the Next 24 Hours:

- Do not brush your teeth, or rinse your mouth
- If a mouth rinse was prescribed, begin using 24 hours after surgery
- Avoid extreme 'hot' or 'cold' liquids, such as tea, ice cream, coffee, etc.
- Limit yourself to a soft food diet. Eat foods that don't require chewing
- Apply ice packs as instructed (20 minutes 'on', 20 minutes 'off')

During the Next 7 Days:

- Do not smoke, blow your nose, spit, swim, play wind instruments, or use straws.
- If you need to rinse your mouth, tilt your head down and gently move your head right to left.
- If you plan on flying, consult with your periodontist first
- Sleep with your head elevated at about 45 degrees
- Gradually move to a more solid food diet, but avoid hard foods
- Avoid any strenuous activities, sports, heavy lifting and/or pushing
- Take all prescribed/recommended medications as instructed by your periodontist
- You may have nosebleeds - this is normal and should stop. If it is significant or persistent, call your periodontist
- If the pain, bad smell, or taste does not dissipate, please call your periodontist.

