

POST-OP INSTRUCTIONS FOR SINUS AUGMENTATION

1. Do **not** blow your nose for the first 2 weeks.
2. Do **not** drink through a straw for the first week.
3. If you need to sneeze do so with your mouth open.
4. Finish all of your antibiotics.
5. Apply ice to your face 20 minutes on and 20 minutes off for the first 24 hours.
6. If you were given a bottle of Paroex begin rinsing tomorrow 3 times a day until the bottle is finished. Do not rinse vigorously but lay in surgical site. Otherwise use warm salt water.
7. You may experience nose bleeds for the first few days-this is normal.
8. **DO NOT SMOKE.**
9. Use Afrin Nasal spray 3 times a day for 3 days.
10. Take Actifed or Sudafed 2 times a day for 3 days. Note: If you have high blood pressure or are taking MAO inhibitors consult with your medical doctor before doing so.
11. Take your pain pills for a few days then switch to 3 Ibuprofen (Advil) and 1 Tylenol every 6 hours.
12. For the first few days sleep on your back with your head elevated.
13. You may notice some granules in your mouth, this is OK. If you notice them in your nose please call the office immediately
14. Under **NO** circumstance should you work out at all for the first 2 weeks.

If you have any concerns you can call me at the office at 973-895-7995 or on my cell at 201-618-7978