

SINUS GRAFT POST-OPERATIVE CARE INSTRUCTIONS

- Treat with ice for the first 48 hours (20 minutes on/20 minutes off).
- No blowing nose. Sniff back only, wipe end of nose.
- No smoking for 48 hours (Preferably never).
- Nosebleeds are normal and may occur up to several days following surgery. You can treat this by leaning your head forward and pinching the nose.
- Try to avoid sneezing, but if one comes on, sneeze through the mouth. Do not pinch nose.
- Do not be alarmed by the presence of bone granules. Some drainage is normal from the nose and mouth, just wipe away
- Severe cheek swelling is also normal following this procedure. If eyes swell shut, please call Dr. Guorgui at the phone number below.
- Use over the counter Sudafed for 1 week to relieve nasal congestion.

Please follow these instructions as closely as possible. They are designed to help you heal quickly, and comfortably, with minimal side effects.

Should you have any concerns, please call Dr. Guorgui at 416-800-8800.