

POST-OP SINUS INSTRUCTIONS

- 1. Do not blow your nose at all. Wipe nose if necessary.**
- 2. If you sneeze, keep your mouth and nose open and do not pinch off your nostrils.**
- 3. No swimming, diving or smoking until instructed otherwise.**
- 4. You may have some blood coming from your nostril. You may wipe it away.**
- 5. Keep your nose clear with nasal spray or drops (as prescribed).**

**MOUTH RINSE, HYGIENE, PAIN, DIET, UNUSUAL DISTURBANCE, FEVER-
See instructions for EXTRACTIONS & IMPACTIONS**