

Instructions to patients after sinus augmentation

- 1. Avoid blowing your nose for 4 weeks - wipe instead**
- 2. Sneeze only through your mouth during this period**
- 3. Avoid swimming or flying for 4 weeks**
- 4. Report nose bleeds, sinus pain or swelling**

Nose Bleeds

There is a small chance that a nosebleed may occur after the procedure. Should this happen, it is best to sit upright and apply a cold compress to the affected area. If the bleeding does not stop contact the surgeon on the number below.

Typical healing patterns

Different people heal in different ways and at different speeds. Swelling is often worse by the 2nd or 3rd day and may persist for a few more days.

If you are at all unsure or the swelling continues for more than a week you should contact the surgery immediately.

If you have any concerns, please contact Dr _____ on _____