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## Sinus Precautions

After sinus lift surgery, sinus augmentation surgery, removal of a tooth close to the sinus, or surgery for a fractured cheekbone (zygoma) or eye socket (orbital) the following precautions should be adhered to for 4 weeks following your injury or surgery:

**DO NOT BLOW YOUR NOSE!** Dab any nasal drainage with a tissue. You may get a feeling that there is something in your nose and may want to blow it out like during a cold with a “stuffy nose”. The force may cause the delicate membrane that is in the sinus to break before it has a chance to heal. This membrane may at times even be broken and repaired by the dentist making it even more fragile.

**DO NOT PINCH YOUR NOSE** when sneezing or coughing. Sneezing will create the same force that happens when you blow your nose and should be avoided. You may benefit from taking antihistamine medicine (Sudafed, Claritin) if you have allergies or sneezing.

**NO SMOKING** for 6 weeks after surgery. Smoking can cause this procedure to fail. Smoke will slow down the healing process and may cause infections. This is very serious as when you smoke cigarettes, cigars etc. as the nasal sinus areas and membranes are infiltrated with harmful smoke.

**DO NOT BEND OVER** when picking something up from the floor. Slowly bend your knees and keep your body upright. When you bend over gravity may move the bone graft material and or blood to an area where there is a communication with the nose. This may cause your nose to bleed or you may find bone grafting material coming out of your nose. Bleeding from the nose may happen without bending over and is not a cause for concern unless it persists for an extended period of time.

**DO NOT STRETCH OPEN your lip/cheek to inspect the area.** This can cause wound breakdown. The area of the graft placement will feel full and tight. This is normal.

**Do NOT WEAR FLIPPER/DENTURE** until the numbness in the area is gone. You may need to wait until the stitches are removed to wear your denture or flipper. When it is placed it should not touch the gums in the area of the surgery as this can cause ulceration of the wound edges and breakdown of the suture margins. If you have questions about the fit of your flipper or denture, do not wear it until Dr. Catalano or your referring dentist can see you.

**DO NOT PLAY MUSICAL INSTRUMENTS** that require blowing with your mouth for at least 6 weeks after the surgery. This will cause pressure and may cause damage to your surgical site.

**DO NOT GO ON AN AIRPLANE** for at least 2 weeks after the surgical procedure. High altitudes will create pressure that will be experienced in the sinuses and can cause damage to the surgical site. It is best to avoid driving to high-altitudes (such as the mountains) and avoid very tall and high-rise buildings or action rides.