

# **SINUS BONE GRAFT INSTRUCTIONS**

**Because your surgery was done partly in your sinus cavity, there are several additional instructions we will ask you to follow:**

- **DO NOT BEND OVER AT THE WAIST (SQUAT IF NECESSARY).**
- **DO NOT SMOKE FOR AT LEAST 4 TO 5 DAYS AFTER YOUR SURGERY.**
- **DO NOT BLOW YOUR NOSE.**
- **DO NOT SNEEZE. IF YOU CANNOT STOP A SNEEZE, SNEEZE WITH YOUR MOUTH OPEN.**
- **DO NO LIFT ANYTHING WEIGHING MORE THAN 10 LBS.**
- **NO SUCKING OF ANY KIND, INCLUDING USING STRAWS.**
- **DO NOT FLY AT HIGH ALTITUDE FOR A LEAST 2 WEEKS.**
- **YOU MAY EXPERIENCE INTERMITTENT BLEEDING FROM THE NOSE SHORTLY AFTER SURGERY AND/OR BRUISING OF THE CHEEK SEVERAL DAYS LATER. THIS IS NORMAL BUT PLEASE CONTACT THE OFFICE IF BLEEDING IS HEAVY OR LASTS LONGER THAN 3 DAYS.**

If you have any questions or do not understand these instructions, please call our office at 703-534-6500 or 703-522-6440