

INSTRUCTIONS FOR SINUS GRAFT SURGERY

PERIODONTAL ASSOCIATES

503-620-2807

PRIOR TO SINUS SURGERY:

Start Afrin (oxymetazoline HCl) and Sudafed PE nasal decongestant (phenylephrine HCl 10 mg) on the morning of your sinus surgery. Both items may be obtained at any drug store. Continue taking both medications for 3-4 days after surgery to minimize congestion.

AFTER YOUR SINUS GRAFT SURGERY:

Do not blow your nose.

Do not smoke or use smokeless tobacco.

Do not take in liquids through a straw.

Do not lift or pull on lip to look at sutures (stitches).

If you feel a sneeze coming, don't try to stop it, just sneeze with your mouth open to avoid any unnecessary pressure build up in the sinus area.

Take your medication as directed.

You may be aware of small granules in your mouth for the next few days. This is not unusual.

Do not fly or go to high altitudes for the first two weeks following surgery.

NOTIFY THE OFFICE IF:

You feel several granules of the bone graft material in your nose.

You have significant bleeding through your nose.

IMPORTANT:

These instructions are in addition to the general instructions. If duplicated, the instructions on this page supersede all others.

Be sure to call the office if you have any questions or concerns. If you believe you have an emergency situation at any time, call the office at 503-620-2807 or Dr. McAllister's cell phone at 503-705-9241 or Dr. Eshraghi's cell phone at 503-799-5383.