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Patient Self-Care Following Sinus Bone Augmentation Surgery

1. Continue the antibiotics until the entire prescription is completed.
2. Please use a nasal decongestant for the first 72 hours after surgery (e.g. Afrin nasal spray). Follow the pharmaceutical manufacturer instructions.
3. ***Do not hold your sneeze or blow your nose. The associated increase in pressure can result in damage to the surgical site.***
4. Nasal bleeding after surgery is common for the first 24 hours. Excessive bleeding should be reported to our office.
5. Any discharge, with foul odor and/or is discolored, should be reported promptly.
6. Please note that smoking interferes with post-surgical healing, please refrain from smoking.

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