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.

1. ***Do not hold your sneeze or blow your nose. The associated increase in pressure can result in damage to the surgical site.***
2. Nasal bleeding after surgery is common for the first 24 hours. Excessive bleeding should

be reported to our office.

1. 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.