

***POST-OPERATIVE INSTRUCTIONS  
FOR SINUS GRAFTS***

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1. Treat with ice for the first 48 hours (15 minutes on/15 minutes off).
2. No blowing nose. Sniff back and only wipe end of nose.
3. No smoking for 2 weeks.
4. Nosebleeds are normal and may occur up to several days following surgery.
  - \*Treat by leaning head back, apply ice and direct pressure.
  - \*Do not be alarmed by the presence of bone granules.
  - \*Some drainage is normal from nose and mouth, just wipe away.
5. Rest with 2 pillows to support head.
6. Try to avoid sneezing, but if one comes on, sneeze through the mouth. DO NOT pinch nose.
7. Severe cheek swelling is also normal following procedure. If eyes swell shut, please call the office at (301) 739-6868; Dr. Fred Bye's number is (301) 991-0267.
8. Use over the counter Afrin. Two squirts in each nostril two times a day for 3 days.

**It is our sincere desire that you are as comfortable as possible following surgery. If you should have any questions or problems, please call our office anytime: (301) 739-6868. If you need to speak to Dr. Bye after hours, his home phone number is (301) 991-0267.**