



Exceptional General Dental Care for the Quality Conscious

POST-OPERATIVE CARE FOLLOWING SINUS SURGERY

Please read the following instructions and follow them carefully. If you have any questions regarding these instructions or any other concerns regarding your sinus surgery, please call our office immediately.

Do not blow your nose.

If you must sneeze, do so with your mouth open to avoid any unnecessary pressure on the sinus area.

Do not smoke or use smokeless tobacco.

Smoking is to be avoided for 6 weeks since it increases the heat in the surgical area and significantly lowers the body's ability to heal the site.

Do not take in liquids through a straw.

The use of straws creates a negative pressure in your mouth and will tend to loosen the sutures.

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

Take your medication as directed.

A certain amount of pain must be expected with all types of surgery. An appropriate pain medication has been prescribed for you. Please take it according to the directions. It is advised that you not drive while taking the pain medication. However, if only ibuprofen is needed, which is non-narcotic, most people are able to drive without any problem.

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

NOTIFY THE OFFICE IMMEDIATELY IF:

1. You feel granules in your nose.
2. Your medications do not relieve your discomfort.

If you have any questions or concerns, do not hesitate to call our office at **440-845-7300** or, after regular office hours, contact Dr. Jacobelli at 216-389-2026.