



Sinus Precautions For the Next 2 Weeks After Oral Surgery:

- It is best to wipe away nasal secretions carefully. If you must blow your nose, blow gently through both sides at the same time. Do not pinch your nose; do not blow just one side at a time.
- Please use saline nasal sprays and over the counter decongestants.
- If you must sneeze, keep your mouth open and do not pinch your nose closed.
- Do not drink through a straw. Do not smoke.
- Do not play a wind instrument. Do not blow up balloons.
- Avoid strenuous lifting.
- Try to keep your head above the level of your heart and sleep with your head slightly raised.
- If antibiotics were prescribed, please complete the entire course.