



Patient Instructions

Post Operative Sinus Procedure

It is of extreme importance to maintain equal pressure in the mouth, sinus and nose to allow any possible communication between the sinus and mouth to heal.

The following, therefore, should be closely followed:

- No smoking for at least one week.
- Do not use any straws.
- Do not attempt to blow up any balloons.
- Do not blow your nose.
- If you must sneeze, do so through your mouth.