



What to Expect Following Your Sinus Grafting Procedure

POST SURGICAL INSTRUCTIONS

General Instructions

Do not blow your nose following the procedure. If you must sneeze, do so with your mouth open to avoid any unnecessary pressure. If you feel congested, you may need to use over-the-counter antihistamines or decongestants. Avoid nasal sprays.

Do not drink liquids through a straw as this may impair healing of the site.

Do not use tobacco products as these may delay healing. Smoking greatly inhibits healing, especially in the sinus graft.

Do not pull back on the lips or cheeks to look at the area as this can disturb the surgical site and increase complications. Refrain from applying pressure with your tongue or fingers to the grafted area to allow for proper healing.

Bleeding

You may have some bleeding from this nose. This is not uncommon and should pass quickly.

Granules

You may find small granules in and around the grafting site for the first several days. This is normal.

Medications

Take all medications the doctor has prescribed for you according to directions.

Oral Hygiene

Be sure to follow all oral hygiene instructions as given by the doctor or staff.

Follow Up

You may have sutures that need to be removed. Be sure to keep the follow-up appointment for the suture removal and post-operative check-up. If the sutures become loose or irritating prior to the appointment, please call the office at 206-923-3684.

Contact Us

If you have any questions or concerns, please don't hesitate to call us at 206-923-3684. If you're calling after hours, our answering system will provide a message for how to reach the on-call doctor.