

POST-OP INSTRUCTIONS: Sinus Precautions



Our Phone Number Is 406.727.4322

Your surgeon feels you will benefit from sinus precautions while healing from your surgery. There are many reasons this is the case. The most common is that there was an opening into your sinus seen during your procedure. The good news is it heals quickly and only rarely requires additional surgery to fully close. Here are some instructions we want you to follow for the next two weeks.

If you have questions about your progress, please call our office at the number above. Calling the office can eliminate additional expenses of going to the Emergency Department or seeing another doctor. We have a doctor and assistant available 24 hours a day 7 days a week to answer calls. *Do not hesitate to call in case of an emergency. However, for routine questions (including setting follow-up appointments), please call during business hours.*

**DO NOT DRIVE OR OPERATE MACHINERY FOR 24 HOURS AFTER ANESTHESIA
OR AS LONG AS YOU ARE TAKING PRESCRIPTION NARCOTIC MEDICATION.**

SINUS PRECAUTIONS

- If you were told to follow Sinus Precautions, please adhere to the following:
 - No blowing your nose. Use a nasal spray to flush your nose instead.
 - No sucking on a straw.
 - Do no strain at a bowel movement (get a stool softener, if needed).
 - If you sneeze, don't hold back. Sneeze with your mouth open.
 - Avoid doing anything that will make a difference in pressure between your mouth and your nose.
- Usually there is a follow-up appointment set. However, often, if you're doing well, this can be handled over the phone. Please call the day of that appointment to see if you need to come in and be seen.



SMOKING

- Vaping or smoking tobacco or marijuana slows the healing process of openings between the mouth and the sinus.