



Sinus Precaution Instructions

- No blowing of the nose for 1 week
- Take antibiotics as directed until all are gone
- Sneeze through mouth, not nose
- Use nose drops/spray “Afrin” as needed for nasal congestion
- Blood tinged mucus coming from the nose is normal following a sinus lift bone graft. If this occurs, please gently wipe your nose, instead of blowing
 - A bloody nose that is steadily bleeding bright red blood however is not normal; please call our office if this occurs

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