



1151 E Main Street, Suite A
Radford, VA 24141
Telephone: (540)639-1674

Post- Operative Instructions for Sinus Grafts

The General postoperative instructions still apply, but several additional points should be emphasized after your sinus graft:

Nose: Do not blow your nose for one week- gently wipe if necessary.

Sneezing: If you must sneeze, do so with your mouth open to avoid any unnecessary pressure on the sinus area.

Tobacco: Do not smoke or use smokeless tobacco. Smoking greatly inhibits healing, especially in the sinus graft.

Straws: Do not take liquids in through a straw; this can cause pressure on the sinus and graft.

Avoid stretching area: Do not lift or pull up on your lip to look at stitches; this may actually create damage and tear the stitches.

Antibiotics: take your antibiotics as directed and until finished.

Other Medications: If you feel congested you may need to use antihistamine. If you do, use over-the-counter medicine, such as Claritin D and Zyrtec D.

Follow up (2 week): You should have an appointment for a post op visit. This allows us to evaluate how you are healing so that we can determine when your next phase can begin.

If you have any other questions or concerns, please contact our office:
(540)639-1674