

Sinus Lift Post-Operative Instructions

Please purchase the following over-the-counter medications in addition to your RX given to you

Sudafed or Co-Advil 30mg

(Please take 1 tablet 3 times per day for 3 days starting the day of surgery to help keep sinus clear)

Afrin or Vicks nasal spray *(Please only use for the first 3 days! The purpose of the nasal spray is to keep nose clear, itchiness away and lessen the chance of you sneezing)*

- *Do not blow your nose, you may wipe away any drainage*
- *Do not smoke*
- *If you have to sneeze please do so with your mouth open*
- *Do not snort or clear your nose with any force at all*
- *No air travel for 14 days*
- *Do not use a Neti Pot*
- *No exercise for 14 days*

**Please see remaining PO instructions on the surgical PO instruction sheet*