



GUYETTE

Facial & Oral Surgery Center

You have been given these instructions because the surgical procedure in your upper jaw has involved the maxillary sinus. The sinus membrane can heal properly if the operated site is kept clean and undisturbed. Therefore we ask that you follow these recommendations:

1. DO NOT blow your nose for 3-4 weeks. Dabbing gently is acceptable.
2. DO NOT put pressure on the operated side (i.e. sneezing). Sneeze with your mouth open so that the pressure does not disrupt the delicate healing of the sinus membrane. If you have to sneeze, instead of AH-CHOO, it will be and AH-CAA.
3. Nosebleeds on the operated side are considered normal, even up to several weeks following the procedure. This is because the sinus normally drains into the nose. A small amount of bleeding is considered normal.
4. Limit nasal sprays unless medically necessary. (i.e. Asthma Medication)
5. Please DO NOT smoke. Smoking will delay the healing process and could keep the area from healing normally.
6. Swelling is normal on the operated side. In some instances, medication is given before surgery to minimize swelling. Cold packs (bags of frozen peas or crushed ice) can be used for the first 24 hours, 20minutes on and 20 minutes off.
7. Head elevation is also helpful for the first 3-4 days. Lying flat or bending over may increase swelling and pressure on the healing membrane.
8. Activity:
Light exercise, such as evening walks can begin the day following surgery, but do not lift heavy objects, bend, or return to strenuous activity for at least one week. Returning to normal activity will depend on your age and the extent of the surgery.
9. Please call us if you have any concerns about your healing process.