

Sinus Grafting

Post-Operative Instructions:

- Do not blow your nose
- Do not smoke or use smokeless tobacco
- Do not take liquids through a straw
- Do not lift or pull on your lip to look at the sutures
- If you sneeze, open your mouth to minimize pressure in your sinuses
- Take medication as directed
- You may be aware of small granules in the mouth. This is not unusual
- Return in two weeks for suture removal

When to Notify the Office:

- If there is uncontrolled bleeding from the nose
- If granules are felt in the nose
- If medications prescribed do not relieve the discomfort
- If you develop a fever
- If you have increasing swelling after 3 days
- If you have any vision changes

**Do not hesitate to call Dr. MacDonald if you have any concerns.
(403) 875-0464**