



## Care of Mouth After a Sinus Lift or a Sinus Perforation Repair

1. Do not, under any circumstances, blow your nose or for the next 4 weeks. This may be longer if indicated by your provider.
2. You may sniff all you like – or snort – but don't close off either nostril.
3. Try not to sneeze. If you have to sneeze, sneeze with your mouth open. This is also in effect for 4 weeks.
4. Avoid playing wind instruments.
5. Please purchase the following over-the-counter medications and take according to the directions below:
  - a. **Sudafed Decongestant Tablets (or equivalent generic):** Take 1 tablet every 6 hours or 4 times a day for 6 days.
  - b. **Afrin Original Nasal Spray:** Use 2 sprays in each nostril morning and evening for 2 days only.
6. Follow all of the other directions associated with your specific procedures as indicated on separate instructions.

Companion Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
(If patient uses sedation, companion must sign.)

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