



# Sinus Precautions After Oral Surgery

## AVOID:

- **Blowing your nose** it is best to wipe away nasal secretions carefully. After 2 weeks, if you must blow your nose, blow gently through both sides at the same time. Do not pinch your nose; do not blow just one side at a time
- **Sneezing** If you must sneeze, keep your mouth open and do not pinch your nose closed
- **Sucking** Do not drink through a straw. Do not smoke.
- **Blowing** Do not play a wind instrument. Do not blow up balloons.
- **Pushing or Lifting** Do not lift or push objects weighing more than 20 pounds.
- **Bending over** Keep your head above the level of your heart. Sleep with your head slightly raised.

**NOTIFY YOUR ORAL SURGEON OR NURSE IF YOU BLEED FROM YOUR NOSE. IF YOU SEE BLEEDING FROM YOUR NOSE, HAVE NECK STIFFNESS OR INCREASED SENSITIVITY TO BRIGHT LIGHT, SEVERE HEADACHE CALL THE CLINIC IMMEDIATELY.**

## Medications:

### ❖ Oxymetazoline 0.05% (Afrin, Allerest, Chlorphed, Dristan)

➤ Rx: 3-4 sprays RIGHT / LEFT nostril q12h; for total of 4 days

### ❖ Pseudoephedrine (Actifed, Sudafed)

➤ Rx: 60 mg PO q4-6h, **OR** 120 mg PO q12h sustained release