

**POSTOPERATIVE SINUS PRECAUTIONS**

In surgeries involving the Maxillary sinus, positive or negative pressures are to be avoided during the healing period. Please follow these precautions until otherwise notified:

 1. Do not blow your nose.

 2. Do not use a straw.

 3. Do not smoke.

 4. Do not play wind instruments.

 5. If you sneeze, do so with your mouth open.

 6. Do not use a sauna or steam room for three months.

I have read and understand the instructions given to me. I have had a chance to ask questions regarding these instructions and they have been answered.

Patient Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_