



Post Operative Sinus Instructions

For the two weeks following your procedure;

- **Do not** BLOW your nose
- **Do not** SMOKE
- **Do not** use or DRINK from a STRAW
- Cough with an open mouth
- Use a VAPORIZER at night if you have one available
- If you experience nasal congestion purchase a DECONGESTANT from your pharmacy
- **Do not** use nasal spray more than 3-times a day
- Call the office if you have any QUESTIONS for information or direction 75-878-0933 or toll free 800-622-0252