



LAKESIDE ORAL SURGERY

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SINUS PRECAUTIONS

AVOID ANYTHING THAT CREATES A POSITIVE AND/OR NEGATIVE PRESSURE WITHIN THE SINUSES.

- Do not use a straw.
- Do not smoke cigarettes, pipes, cigars or e-cigarettes.
- Do not rinse, spit or swish vigorously.
- Do not blow up a balloon.
- Do not blow your nose aggressively. If you need to blow, be very gentle. It is not uncommon to have a slight amount of bleeding from the nose for several days.
- Do not sneeze through your nose. If the urge to sneeze arises, sneeze with your mouth open.
- Do not play wind instruments.
- Avoid swimming and strenuous exercises.
- If you have sleep apnea, your surgeon with discuss your use of a CPAP.