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 will discuss your use of a CPAP.