

# Sinus Care

If you had a sinus lift surgery or any other surgery involving the sinus, any activity which could create pressure in the sinus should be avoided for 3 weeks such as:

- blowing the nose
- sucking through a straw
- heavy lifting/bending over
- Coughing or sneezing with your mouth closed (if you must cough or sneeze, keep your mouth open)

Try to chew away from the surgical site. Avoid all carbonated drinks until your follow up appointment. If you smoke, it would be best if you do not smoke for 7 days. If this is not possible, limit smoking as much as possible.

Call us if you have any of the following:

- fever of 101 degrees or more
- significant drainage in the mouth or nasal area
- sour taste
- liquid sensation under your eyes when drinking