

SINUS GRAFT HOME CARE INSTRUCTIONS

1. *Do not* blow your nose.
2. *Do not* smoke or use smokeless tobacco.
3. *Do not* take in liquids through a straw.
4. *Do not* lift or pull on lip to look at sutures (stiches).
5. If you must sneeze, then do so with your mouth open to avoid any unnecessary pressure on the sinus area.
6. Take your medication as directed.
7. You may be aware of small granules in your mouth for the new few days. This is *not* unusual.

Notify Dr. Queiroz directly if the following occur:

- You feel granules in your nose.
- Your medications *do not* relieve your discomfort.

Do not hesitate to call the office at (416) 488-7454 or Dr. Queiroz at (647) 285 7528 if you have any questions.

Remember that you have just had minor oral surgery. Be kind to yourself.