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SINUS LIFT POST-OP INSTRUCTIONS

SINUS CARE MEDICINES:

- 1. AFRIN NOSE SPRAY: TWO PUFFS IN THE AFFECTED NOSTRIL IN THE MORNING AND AT BEDTIME**
- 2. BENADRYL TABLETS 25mg: ONE TABLET EVERY FOUR HOURS, IF NEEDED FOR RUNNY NOSE**

YOU MAY HAVE MINOR BLEEDING OUT OF THE NOSE. THIS IS NOT UNUSUAL, BUT PLEASE CALL IF IT CONTINUES FOR MORE THAN A FEW HOURS.

PRECAUTIONS:

- ❖ DON'T BLOW NOSE FOR FIVE DAYS**
- ❖ DON'T HOLD SNEEZE**
- ❖ DON'T TRAVEL BY AIR FOR FIVE DAYS**