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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