

Sinus Precautions

AFTER SINUS LIFT OR MEMBRANE TEAR | FOLLOW FOR 10-14 DAYS OR AS DIRECTED

These precautions protect the sinus membrane and graft during early healing. After a sinus lift, or if the sinus membrane is torn during surgery, the area above your upper back teeth needs time to seal and stabilize. Pressure changes like nose blowing or suction can stress the membrane, disturb the graft, or open a connection between the mouth and sinus.

TOP PRIORITIES

DO THIS	WHY
Do not blow your nose. Gently dab as needed.	Blowing increases sinus pressure and can disrupt early healing.
Sneeze with your mouth open. Don't pinch your nose.	Holding in a sneeze spikes pressure inside the sinus.
Avoid straws, forceful spitting and suction.	Negative pressure can stress the surgical site.
No smoking or vaping.	Delays healing and increases infection risk; the suction can harm the site.

HELPFUL HABITS FOR COMFORT AND HEALING

DO THIS	WHY
Avoid heavy lifting and straining for 3-5 days.	Straining increases pressure and swelling.
Sleep with your head elevated for 2-3 nights.	Elevation helps reduce swelling and pressure.
Ice for 24-48 hours: 20 minutes on, 20 minutes off.	Cold reduces swelling and improves comfort.
Take medications as prescribed.	Helps prevent infection and keeps swelling controlled.
If prescribed, use a decongestant or nasal spray as directed.	Reduces congestion and the urge to blow your nose.
Brush gently. Use rinses as directed, with gentle swishing only.	Protects the incision and early healing.

WHEN TO CALL US

CALL (630) 425-2555 IF YOU NOTICE ANY OF THE FOLLOWING

- A nosebleed that won't slow down.
- Air or fluid moving between your mouth and nose.
- Increasing pain or swelling, a foul taste or odor, or drainage.
- Fever over 101°F, or feeling worse after first improving.

General education only. Your care plan may differ based on your anatomy and procedure.