

SINUS PRECAUTIONS

1. If prescribed, take medications as directed
2. Refrain from blowing your nose for two weeks or as long as directed. Try not to sneeze. If you must sneeze, try to do so with your mouth open.
3. Take Sudafed 60 mg every 6 hours for any nasal congestion if directed
4. Do not use a straw or smoke. Do not spit for several days
5. Eat soft foods and chew on the opposite side

It is not uncommon to have a slight amount of bleeding from the nose. Please call us if it is extensive or recurring.

Sinus communications will normally close on their own. However, some do not resolve and may require a surgical procedure. Following your doctor's advice and sinus precautions is the best way to aid the healing process. Failure to do so may compromise your final outcome. If symptoms persist or recur, it is imperative that you call our office so that we may reevaluate your condition.

512-391-0011

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