

GENERAL INSTRUCTION FOLLOWING SINUS SURGERY

1. DO NOT blow your nose.
2. DO NOT smoke or use smokeless tobacco for 3 weeks.
3. DO NOT take in liquids through a straw.
4. DO NOT suck through a straw for at least 1 week following surgery.
5. DO NOT lift or pull on lip to look at stitches.
6. If you must sneeze, then do so with your mouth open to avoid any unnecessary pressure on the sinus area.
7. Take your medication as directed.
8. You may find a little blood mixed with mucus in the back of your throat in the mornings, this is totally expected after surgery.
9. You may be aware of small granules in your mouth for the next few days. This is NOT unusual. Notify the office if the following occur: a) You feel granules in your nose. b) Your medications DO NOT relieve your discomfort.

IF YOU HAVE ANY QUESTIONS OR CONCERNS WHATSOEVER, CALL
DR. NICK SEDDON AT 604 922-0144 (office) or 778 840-0762 (cell)