

Lexington  
Plastic Surgery

## **Sinus Precautions**

- **Do Not** drink with a straw.
- **Do Not** blow your nose.
- Use all medications as directed. If you develop any side effects or if you have any questions, stop the medication and call the office.
- **Do Not** play any wind instruments.
- **Do Not** smoke cigarettes, pipes, or cigars.
- **Do Not** open your mouth widely.
- **Do Not** sneeze through your nose. If the urge to sneeze arises, sneeze with your mouth open.
- Avoid swimming and strenuous exercise for at least one week.
- Eat a soft or liquid diet. Chew on the opposite side of your mouth as much as possible.
- Continue to brush your teeth but avoid the surgical area. Rinse three times a day with warm water.
- It is not uncommon to have a slight amount of bleeding from your nose for several days.