



POST-OPERATIVE SURGICAL INSTRUCTIONS

1. **Nasal Care:** Do not blow your nose; gently wipe or dab if necessary. If sneezing, do it with your mouth open to avoid pressure on the sinus.
2. **No Smoking:** Refrain from smoking for at least two weeks to minimize infection risk.
3. **No straws, spitting, scuba diving, or flying in a plane.**
4. **Avoid** activities that increase nasal or oral pressure, like lifting heavy objects or blowing up balloons.
5. **Light Exercise:** Wait 72 hours before resuming light exercise that does not involve bearing down.
6. **Contact** your surgeon if:
 - Air or liquids flow unexpectedly between your mouth and nose.
 - You notice small particles of graft material in your mouth or nose.
 - You experience sinus or nasal congestion on the treated side.

If you have any concerns or questions, please don't hesitate to reach out to 718-226-1251.

By following these instructions, you can ensure a smooth recovery and promote successful healing and results.

A 24-hour answering is available after hours (with a doctor on call).