

AFTER CARE INSTRUCTIONS

SINUS LIFT

1. Keep area clean.
2. **DO NOT** touch the lifted area with your tongue or fingers.
3. Try not to sneeze or blow your nose for 72 hours.
4. Apply ice to graft sight 20 minutes on and 20 minutes off for the next 48 hours.
5. Take all of your prescriptions as prescribed.
6. **DO** a nasal lavage once a day for three days.

To clean the nasal cavity leaning over the tub or sink turn your head in the opposite direction of the nostril you're treating. Don't inhale sharply; just breathe through your mouth. The saline water will cascade over your sinus passages and dribble into the sink below.

Any pain to tapping or extreme swelling call the office at 575.3591011.