



## Sinus Lift Precautions

- No blowing your nose: it is best to wipe away nasal secretions carefully.
- Sneezing: If you must sneeze, keep your mouth open and do not pinch your nose closed.
- Do not drink from a straw.
- Do not play wind instruments.
- No pushing or lifting anything heavier than 20 pounds
- Keep your head above the level of your heart. Sleep with your head slightly raised.

Slight bleeding from the nose is not uncommon for several days after surgery.

Buy an over the counter nasal decongestant, such as Sudafed or Afrin Nasal Spray and use for 3 days only.