

NOBLESVILLE

Oral & Maxillofacial Surgery

Sinus Precautions

Please follow these precautions for 10–14 days, or until your doctor tells you otherwise

1

No nose blowing

- Gently wipe your nose as needed. Avoid anything that creates pressure within your nose or sinuses.

2

Avoid strenuous activities

- Avoid heavy lifting (>30lbs), bending, straining, jogging, or other jarring activities.
- Walking and light activity are okay.

3

Sneeze with an open mouth

- Do not hold your nose or try to suppress a sneeze.

4

DO NOT SMOKE/VAPE

- Smoking and vaping can significantly interfere with healing and increase the risk of complications.

5

Avoid Straws

- Drink directly from a cup. Avoid anything that creates suction or pressure in your mouth.

Please call our office if you notice:

Air passing through the surgical site, liquid coming through your nose when drinking, increasing sinus pain/pressure, persistent nasal drainage or bleeding, fever, or worsening symptoms.



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