



GENERAL INSTRUCTION FOLLOWING SINUS SURGERY

1. DO NOT blow your nose.
2. DO NOT smoke or use smokeless tobacco.
3. DO NOT take in liquids through a straw.
4. DO NOT lift or pull on lip to look at stitches.
5. If you must sneeze, then do so with your mouth open to avoid any unnecessary pressure on the sinus area.
6. DO NOT suck through a straw or cigarette for at least 1 week following surgery.
7. Take your medication as directed.
8. You may be aware of small granules in your mouth for the next few days. This is NOT unusual. Notify the office if the following occur:
 - a) You feel granules in your nose.
 - b) Your medications DO NOT relieve your discomfort.

***IF YOU HAVE ANY QUESTIONS OR CONCERNS WHATSOEVER,
PLEASE CALL DR. NICK SEDDON AT 604 922-0144 (office) or 778 840-0762 (cell)***