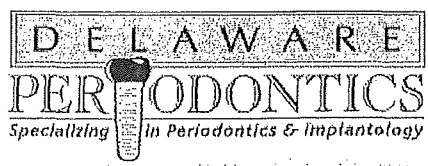


Bradford L. Klassman, D.M.D.



*Post-Operative Instructions
for
Sinus Procedures*

1. **NO** blowing nose. Sneeze with your mouth open to avoid pressure.
2. **NO** air travel for 2 weeks due to cabin pressure.
3. **BRUSHING:** On the day of surgery, teeth should **NOT** be brushed. Twenty-four hours after surgery, brushing and flossing of teeth and rinsing mouth should be resumed, but do **NOT** brush on or near the surgical site.
4. **PAIN:** A certain amount of discomfort or pain can be expected following all types of surgery. Usually, this is slight and can be controlled by taking two Tylenol or Advil tablets. Avoid clenching or grinding of teeth after surgery since pressure on the teeth will cause discomfort. If more acute pain is experienced, take the pain medication Dr. Klassman prescribed according to the directions.
5. **USE OF ICE PACK:** When you arrive home after surgery, apply an ice pack to the face for 20 minutes, remove for 20 minutes, and reapply. Continue this cycle for 3-4 hours.
6. **SWELLING:** A slight amount of swelling and discomfort is expected following some procedures and usually goes away within 2-3 days. If swelling begins, it can usually be controlled by use of an ice pack or cold compress applied to the outside of the face in the area of surgery on and off alternately every 20 minutes for 3-4 hours. If swelling persists for more than 3 days, contact Dr. Klassman.
7. **BLEEDING:** No rinsing or spitting out for 24 hours. Slow oozing (bleeding) may occur for several hours. If bleeding is excessive:
 - a. Apply gauze or a caffeinated tea bag moistened in warm water on each site of bleeding, hold with continuous pressure for 30 minutes and avoid spitting. Repeat if necessary.
 - b. If bleeding still continues call the doctor.
 - c. You may develop what is called a "liver clot" (an incomplete clot). You should and can remove it yourself. Just use a piece of gauze and wipe it away. Then use a piece of gauze and apply pressure 10 minutes.
8. **DIET:** Eating should be avoided for at least 2 hours following surgery. For the first day following surgery, it is best to restrict your diet to fluids or very soft foods that require little or no chewing (for example, spaghetti, scrambled eggs or milkshake). When you must chew, chew on the side of your mouth that was not operated on. Chewing on the dressing will probably loosen or break it off.
9. **POST-OP APPOINTMENTS:** All scheduled post-operative appointments (usually once per week after surgery) are for your benefit and must be kept in order to monitor proper healing.

PAIN RELIEVER _____ DIRECTIONS: _____

Other Medications: _____

Special Instructions: _____

If you have any questions, please call the office