

**POST-OP SURGICAL INSTRUCTIONS FOR SINUS LIFT SURGERY**

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- 1** Do not under any circumstances blow your nose for the first four weeks following surgery as this may put pressure on the graft. If you need to, simply wipe your nose.
- 2** If you must sneeze, do not hold your nose closed. Sneeze with your mouth open.
- 3** Avoid bending forward or heavy lifting for the first two weeks.
- 4** It is not unusual to have some blood tinged post-nasal drip for the first few days following surgery.
- 5** Please refer to the post-op instructions for BONE GRAFT for additional information.
- 6** Do not perform strenuous activity or exercise for the first week following the surgery

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If you have any concern or questions, please call 212 759 2955  
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