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SINUS PRECAUTION

Your surgery was in the sinus area and for this reason: these extra care instructions have been included for your proper healing and comfortable recovery.

1. **DO NOT** blow your nose.
2. If you feel a sneeze coming – open your mouth to equalize the pressure.
3. Take decongestant as prescribed.
4. Take antibiotics as prescribed.
5. Sometimes there may be bleeding from your nose – this may or may not happen. If this does occur, stop your activity, sit on a recliner, and apply ice pack. (10 minutes on and 10 minutes off) to the side of your nose which is bleeding.

If you have any questions, please call the office at (337) 233-0440. Dr. Finley's emergency number is also in your post-op instructions if needed.