

## Sinus Precaution Instructions

### Additional instructions for patients that had treatment near or involving the maxillary sinus

- Occasionally, you may experience a runny nose or mild nose bleed from the nose on the side of treatment. If this happens **DO NOT** blow your nose, instead gently wipe or dab your nose with a tissue.
- If you feel congested, use a over-the counter salt water nasal spray such as *hydraSense*<sup>®</sup>, or a medicated nasal spray such as *Nasacort*<sup>®</sup>, to relieve congestion. Use the product as directed on the package.
- **AVOID** any activity that increases pressure in your nose or mouth, such as blowing your nose, blowing up balloons, playing wind musical instruments, flying in an airplane, or scuba diving for the next 14 days.
- If you experience significant bleeding or discharge from the nose, a feeling of increasing pressure in your sinuses, or have any questions about healing and/or these instructions, please call our office at **403-727-5307**, or after hours Dr. Tom Wierzbicki directly at **(587) 891-3344**.