

SINUS INSTRUCTIONS FOR THE NEXT 3 WEEKS

- **Do not blow your nose**; blowing may create an opening into the sinus.
- If you have to sneeze or cough, prevent pressure in the nose and sinus by opening your mouth, allowing air to come out of your mouth as well as your nose.
- If congested, use SalineX drops and apply Vaseline around the edges of nostrils to keep nasal passages moist.
- When drinking, a small amount of fluid may come out of your nose. This is to be expected.
- Avoid smoking.
- **Do not drink through a straw**, as this will cause pressure in the sinus passages.
- A nosebleed may occur. If this happens, tilt your head back. Hold your nostrils closed with a piece of gauze or tissue for about ten minutes