



**Lance R. Schmidt
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Sinus Lift / Bone Graft Instructions

- **It is common for a small amount of bone grafting particles to slough off during healing time.**
- **No nose blowing for two weeks**
- **Sneeze with mouth open (do not hold back) for two weeks**
- **No smoking**
- **No excessive positive or negative nasal sinus pressure for two weeks**
- **Nasal bleeding is not unusual. This can be controlled with ice and pressure**
- **Take prescriptions as directed**
- **Minimal chewing. Eat soft foods for several days to avoid movement of the healing tissue and bone**
- **You were given either Entex or Humibid or asked to take Robitussin DM as a decongestant and expectorant. This will help clear the sinus.**
- **Robitussin DM is over the counter**