

Read and follow instructions carefully. If you have questions, don't hesitate to call our office.

- Apply ice to your face for the first 48 hours.
- Don't blow your nose. Sniff gently and wipe the end of your nose.
- Sneeze with your mouth open.
- No smoking for 48 hours.
- Bleeding from the nose is normal and may occur for several days following surgery.
 - To treat a nose bleed: lean back, apply ice and direct pressure to the tip of your nose.
 - If you had bone grafting, do not be alarmed by the presence of bone granules in the mouth.
 - Some drainage is normal from the nose and mouth, wipe drainage away.
- Significant facial swelling is normal following this procedure.
- Use over the counter Actifed or Sudafed for one week.