

Sinus Instructions

DO NOT (For 2 weeks):

Blow your nose (Just wipe it!)
Swim
Stifle a sneeze
Stoop with your head below your waist
Lift anything greater than 25 pounds

DO:

Take your antibiotics (finish this prescription)
Take Dimetapp or its equivalent – this is an over-the-counter medication
Use Afrin – oxymetazoline – nasal spray for 3 days two times a day
 You may use the Afrin for 3 additional nights if your nose feels stuffy
Call if you have any questions.