

## **Sinus Precautions After Oral Surgery**

### 手术后鼻窦相关注意事项

#### **Avoid 请避免下列事项**

##### ❖ **Blowing your nose 擤鼻子**

Do not blow your nose for at least 2 weeks. It is best to wipe away nasal secretion carefully. After 2 weeks, if you must blow your nose, blow **gently** through both sides at the same time. Do not pinch your nose; do not blow just one side at a time.

手术至少两周不可以擤鼻涕，最好的方法是小心地擦去鼻分泌物。两周后，如果你一定要擤鼻子，**轻轻地**同时擤掉两边的分泌物。切不要捏住一边鼻孔，只擤另一边。

##### ❖ **Sneezing 打喷嚏**

If you must sneeze, keep your mouth open and do not pinch your nose closed.  
但是如果你一定要打喷嚏，请张开嘴以减轻鼻腔内的压力，切勿捏住鼻子。

##### ❖ **Sucking 吸**

Do not drink through a straw. Do not smoke. 请不要使用吸管。也不要吸烟。

##### ❖ **Blowing 吹气**

Do not play a wind instrument. Do not blow up balloons.  
请不要吹奏任何管乐器，也不要吹气球。

##### ❖ **Pushing or lifting 推或抬**

Do not lift or push objects weighing more than 20 pounds.  
请不要搬抬任何超过 20 磅的重物。

##### ❖ **Bending over 弯腰**

Keep your head above the level of your heart. Sleep with your head slightly raised.  
请保持你的头部位置高过心脏。睡觉时请将头稍稍垫高。

**Notify your oral surgeon or nurse if you bleed heavily from your nose beyond 3 days after surgery.**  
请立即告知医生或护士如果手术三日后，你还有流很多鼻血。

It is normal to have nose bleed on the affected side for the first 2-3 days after the surgery.  
术后头 2-3 天 如果有少量流鼻血属正常现象。

**Notify your oral surgeon or nurse if you are unable to take any of your medications as prescribed.**  
请告知医生或护士如果你无法服用医生处方药。

It is likely that you may be advised to take an antibiotic and decongestant as well as your regular pain medication. You must take these medications as prescribed. Do not stop taking them on your own. If you have a problem with any medication, please call us so that we can make an adjustment for you.

可能建议您使用抗生素和减充血剂以及常规止痛药。您必需按照规定服用这些药物。请勿随意停药。如果您有任何药物方面的问题，请致电我们，让我们可以为您进行调整。

134-43 Maple Avenue, 1E, Flushing, NY 11355 · P: (917) 793-6888 F: (877) 505-7538

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