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Pre-Operative Instruction for Sinus Grafting Surgery

It is imperative that your sinuses are cleared before any sinus grafting surgeries are performed. Therefore, we take extra precautions before surgery to clear the sinuses and reduce pre- and post-operative complications. Please follow these medication instructions in order to help make your surgery easier.

1. Antihistamine (Claratin®/Zyrtec®)
 - a. Please begin taking antihistamine medication such as Claratin or Zyrtec 4 days prior to your surgery appointment.
 - b. Continue taking an antihistamine for 14 days after your surgery
2. Decongestant (Sudafed®)
 - a. Please begin taking a decongestant medication such as Sudafed 4 days prior to your surgery appointment
 - b. Continue taking a decongestant for 7 days after your surgery
3. Antibiotic (Typically Augmentin)
 - a. Please begin taking your prescribed antibiotic medication 2 days prior to surgery
 - b. Continue taking your prescribed antibiotic medication after surgery until finished
4. Steroid (Medrol Dose Pack/Methylprednisolone)
 - a. Please begin taking your steroid medication 2 days prior to surgery
 - b. Continue taking your prescribed steroid medication until finished

Before your surgery a pre-operative CBCT scan (3-D X-ray) will be taken of your sinuses in order to verify they are clear, unobstructed, and have no signs of infection. We look forward to seeing you!