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SINUS PRECAUTIONS

PLEASE FOLLOW THESE INSTRUCTIONS FOR THE NEXT TWO (2) WEEKS

1. No Smoking
2. No Sipping Through Straw
3. Do Not Blow Your Nose – Pat with Tissue
4. Start Rinsing Your Mouth Tomorrow, However DO NOT SPIT.

**LEAN OVER THE SINK AND LET THE RINSING
MATERIALS FLOW OUT OF YOUR MOUTH**

5. Sneeze with Your Mouth OPEN
6. Take Antibiotics as Prescribed.