

SINUS LIFT POST-OPERATIVE INSTRUCTIONS

The following instructions are to help decrease any discomfort and to answer questions you might have during the healing process.

EATING

- Eat regularly—a wholesome, balanced diet.
- Soft foods should be eaten for two weeks.
- Avoid sticky or crunchy foods, popcorn, chips, and nuts.
- Cut food into small pieces and try eating away from the treated area.

BLEEDING

There may be some minor oozing of blood the first day. This is not unusual and should correct itself. If excess bleeding occurs, place a gauze bandage or a moistened tea bag against the area and hold with gentle pressure for 15 minutes. If this does not correct the problem, please call the number(s) listed below.

NOSE BLEED

You may experience a nose bleed periodically during the next 1-3 days. To stop the bleeding, pinch your nose and tilt your head back for 15 minutes. Breathe through your mouth during this time. If the bleeding persists, please call the number(s) listed below.

CONGESTION

You may experience nasal or sinus congestion over the next 1-3 days. If instructed to do so, take the medications for congestion as directed.

BONE PARTICLES

You may notice a few small, white, hard fragments of bone in your mouth or nose over the next 1-2 weeks. It is normal for a very small amount of the bone graft to escape during the healing process. If you notice a large amount of the material in your mouth or nose, or if there is an opening in your surgical site, please call the number(s) listed below.

Do not blow your nose or hold back a sneeze for at least 2 weeks.

SWELLING

Swelling is likely to occur and is normal. Use of an ICE PACK on the side of the face next to the treated area can be of significant help in reducing discomfort and swelling. The ice pack is most useful during the first 6-8 hours.

PAIN

The amount of discomfort will vary with the individual and the extent of the procedure.

- Use an ICE PACK as directed above.
- Take Aspirin, Tylenol, or Advil every 3-4 hours if directed or
- Take the pain medication prescribed for you as directed. If nausea or other side effects occur with any medication, discontinue its use immediately.

ANTIBIOTIC

If prescribed, take the antibiotic medication as directed. It is important to finish the antibiotic medication as directed. If side effects occur, discontinue its use immediately, and contact the number(s) listed below.

CLEANING YOUR MOUTH

- If instructed to do so, rinse with Peridex as directed.
- Do not rinse your mouth vigorously.

SMOKING

Avoid smoking!!!

EMERGENCY PHONE NUMBERS