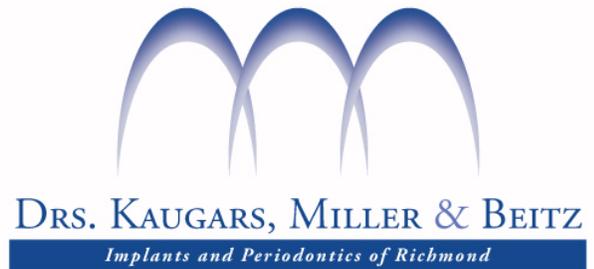


# Post-operative instructions for sinus lift/graft procedures



Located in our upper jaw, above our teeth, are sinuses. These air-filled cavities can be very close to the roots of upper back teeth. In the course of your surgery your surgeon noted an opening between the surgical site and your sinus or created one to elevate the sinus. A special type of closure has been done in the area so as to minimize the chance that the opening will persist.

In order to help this area heal appropriately we ask you to take the following precautions:

## **For the day of the surgery:**

- It is important to take all prescribed medications as directed. In addition, use over the counter decongestant (Sudafed, Mucinex, etc.) for at least a week, starting the day of the procedure.

## **For at least the first few days after surgery:**

- Apply ice to your face for the first 48 hours (20 minutes on / 20 minutes off).
- Sleep with your head elevated on 2 pillows.
- No smoking.
- Nose bleeds are normal and may occur up to several days following surgery. Treat by leaning back, apply ice and direct pressure.
- Do not be alarmed by the presence of bone granules. Some draining is normal from nose and mouth, just wipe away.
- Try to avoid sneezing, but if one comes on, sneeze through your mouth. Do NOT pinch your nose.
- Severe cheek swelling is also normal following this procedure. If eyes swell shut, please call our office.

## **For at least two to three weeks DO NOT:**

- Blow your nose – sniff back only and wipe end of nose
- Drink through a straw
- Smoke
- Fly in a plane - If you must fly during this time, take decongestants and Afrin with you to avoid sinus congestions. Do NOT pinch your nose and blow to clean your ears.
- Overexert yourself, or strenuously exercise

## **For at least 4 weeks DO NOT:**

- Play a wind instrument
- Cough or sneeze with your mouth closed
- Scuba dive (avoid for three months)

## **DO:**

- Take all of the prescribed and over the counter medication medications
- Keep your follow-up appointment with your surgeon
- Not worry if you notice minor bleeding or fluid from your nose. This is very normal.