

# **After Sinus Lift**

This procedure replaces lost bone height around your posterior upper teeth. It is an important procedure as it allows implant placement in an area that could not be implanted otherwise because of insufficient bone height due to an enlarged sinus.

DO NOT UNDER ANY CIRCUMSTANCE FORCEFULLY BLOW YOUR NOSE FOR THE NEXT TWO WEEKS. This may be longer if indicated.

- Do not blow your nose or sneeze holding your nose—sneeze with your mouth open only
- Do not forcefully spit for several days
- Do not drink with a straw for several days
- Do not smoke for several days

Scuba diving and flying in pressurized aircraft may also increase sinus pressure and should be avoided. Anything that causes pressure in your nasal cavity must be avoided. Avoid “bearing down” as when lifting heavy objects, blowing up balloons, playing musical instruments that require a blowing action or any other activity that increases nasal or oral pressure.

## **Bleeding**

Some bleeding or redness in the saliva is normal. To decrease bleeding and form the necessary blood clot for healing, please bite on (do not chew) the provided gauze for approximately 30 minutes. Repeat as needed. Additional gauze is provided in the instance the initial gauze becomes saturated. A small amount of blood may ooze overnight but do not sleep with gauze packings in your mouth.

## **Swelling**

Swelling is a normal occurrence after surgery. Swelling peaks in 72 hours and then gradually decreases. To minimize swelling, apply ice packs to the area of surgery, 20 minutes on and 20 minutes off, for the first 36 hours. After 36 hours, ice is ineffective. Moist heat may be applied to the area after 36 hours to help decrease swelling. Keep your head elevated while resting and sleeping.

## **Discomfort**

Some discomfort after surgery can be expected. Please use the prescription medication as directed. If your pain is moderate, over-the-counter pain medication such as Tylenol or Ibuprofen (Advil/Motrin) can be substituted for the prescription pain medication. Do not take any of the above medication if you have an allergy to it. Do not drive, operate machinery, or drink alcohol if taking prescription pain medication.

## **Diet**

Drink plenty of fluids. Do not drink anything hot for the first day. This tends to dissolve the blood clot and can burn the anesthetized tissue. Please eat a soft diet for the first week after surgery. You may return to a normal diet once instructed.

**Oral Hygiene**

Good oral hygiene is essential to good healing. The night of surgery, you may gently rinse with warm saltwater (1/2 teaspoon salt in 8 oz. water) 8 hours after surgery. Continue the rinses 4-5 times a day for the first few days. The day after surgery, the prescription mouth rinse (if prescribed) should be used twice daily, after breakfast and before bed. Be sure to gently rinse for at least 30 seconds then let it fall out of your mouth. Do not swallow it or spit vigorously. You may also gently brush your teeth being extra careful around the surgical site.

**Discoloration / Bruising**

In some cases, discoloration of the skin follows swelling. The development of yellow, green, or blue discoloration is due to blood spreading beneath the tissues. This is a normal post-operative occurrence, which may occur 2 to 3 days post-operatively.

**Antibiotics**

If you have been placed on antibiotics, use them as directed. Antibiotics will be given to help prevent infection. Call the office if you have any questions or experience adverse reactions.

**Activity**

Please rest and engage in minimal activity for the first 3 days. Starting the fourth post-operative day, you may begin resuming normal activity.

If you have any questions regarding these instructions do not hesitate to call our office at 831-649-1388.