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Sinus Lift Post-Op Instructions

Special Considerations

- If you must sneeze, do so with your mouth open to avoid unnecessary pressure on the sinus. Do not hold your nose to sneeze.
- No nose blowing for one week.
- Do not smoke, use a straw, or spit for at least four days after surgery.
- Avoid playing wind instruments until cleared by the surgeon.
- If you feel air flow at the surgical site, please contact our office.
- If you feel congested, you may need to use antihistamines or decongestants. Over-the-counter products such as Tavist-D, Dimetapp, or Pseudofed work well.
- There may be a slight elevation of temperature for 24 to 48 hours. If this temperature persists please contact our office.
- Sutures used during surgery may loosen with brushing and minimal bleeding may occur.

Bleeding

- Gauze should be placed over the surgical site. To prepare the gauze, moisten it with tap water, squeeze dry, fold it, and place over the surgical site and hold in place for thirty minutes. Change the gauze every 30 minutes until bleeding subsides.
- If bleeding has not decreased in five hours bite on a dampened tea bag placed directly over the surgical site.
- Minor oozing or the taste of blood is expected for the first day or two after surgery.

- Bleeding may occur from the nose. This is not uncommon and should pass quickly.

Swelling

- Swelling will reach its peak after 2 days and may last for several days. Maximum swelling is expected within 36-48 hours and may last for several days more.
- Apply ice to jaws, 20 minutes on/20 minutes off, for the first 48 hours after surgery. Wrap a towel or cloth around the ice to prevent ice burn to the skin.
- Swelling may cause a small increase in temperature. This is not an indication of infection, which is very rare and occurs several days after surgery. Oral temperatures may be misleading following oral surgery. Axillary (arm) or aural (ear) temperatures are more accurate.
- If the swelling is significant trismus (stiffness) of the muscles may cause difficulty in opening your mouth. Use moist heat compresses after the first 48 hours to help reduce it. The less swelling, the less pain.

Pain

Pain is normal and expected following surgery. Pain is also unpredictable for many patients as everyone is different. It is normal for pain to be severe for the first week after surgery. Following 1 week, pain should lessen and by 2 weeks, pain should have decreased significantly. Please be patient as with any surgery there is some downtime in recovery. Please contact our office if you have any questions.

Medications

- To control discomfort and minimize swelling, take Ibuprofen 600mg (Advil or Motrin) every six hours for the first three days after surgery. For severe pain take the prescribed narcotic medication in addition to the Ibuprofen. Ibuprofen should be taken before the local anesthetic has worn off and always be taken with food. (It is office policy to refill narcotic prescriptions only during working hours so please anticipate your needs in advance.)
- It is beneficial to take your pain medication before your numbness wears off.
- Do not take pain medication with an empty stomach or you may become nauseated. Pain

medication should be taken with food or milk products.

- Do not consume alcohol or drive when taking prescribed pain medication.
- Take your antibiotics as directed and until finished.

Diet

- Patients who have been sedated are advised to begin with clear liquids, then progress to cool full liquids (milk products such as milkshakes or creamed soups) until the feeling returns, then advance to a soft to normal diet as tolerated. Be aware that at first hot temperatures are not felt due to numbness.
- Remove gauze when eating or drinking.

Oral Hygiene

- Do not rinse or spit for 24 hours after surgery.
- The day following surgery brush your teeth and rinse with warm salt water (1/2 tsp of salt in an 8oz. glass of warm water) Avoid brushing the area of the surgery as this may dislodge the sutures.
- Do not use commercial mouth rinses until cleared by the doctor.

Dentures

Please do not wear any dentures that may impinge the surgical area for at least 10 days or until the doctor says it is ok to wear them.