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POSTOPERATIVE INSTRUCTIONS FOR SINUS LIFT

After implant placement and / or a grafting procedure, a certain amount of bleeding, discomfort or pain, swelling and possible bruising are normal post-operative experiences. Our patients who receive IV sedation, should not be left alone. A caretaker or responsible adult (able to provide full assistance and transportation needs) must remain with the patient to provide any necessary post-operative assistance until the next morning. The patient should not drive for 24 hours.

Immediately Following Surgery

- If medications are prescribed, prescriptions are sent electronically to the pharmacy patient selected.
- Take any prescribed **antibiotics** as directed to help prevent infection and graft loss. If intolerant of prescribed antibiotic, call the office for strategies to minimize any side effects.
- **Pain medications on an empty stomach may cause nausea.** Once home, remove gauze and have the patient eat soft, non-chew foods
- It is best to eat at least 30 minutes prior to taking medications to minimize nausea.
- **If you are unable to take Ibuprofen (Advil[®], Motrin[®]) then start with Acetaminophen (Tylenol[®]).** (See Pain Management section)
- Avoid strenuous activity the day of surgery. ***CAUTION: If you suddenly sit up or stand from a lying position you may become dizzy. If you are lying down following surgery, make sure you sit for one minute before standing.***
- **Do not worry about sutures coming out.** Sutures are usually placed to control bleeding. The sutures placed are often dissolvable. If sutures come out on the day of surgery, there is no need to replace them. Otherwise, sutures will be removed at your postoperative appointment.

Oral Hygiene

- **ALCOHOL AND SMOKING ARE ABSOLUTELY PROHIBITED FOR THE FIRST TWO WEEKS FOLLOWING SURGERY.**
- Rinsing the mouth interferes with the clotting of the blood, so do not rinse vigorously for the first couple of days.
- You may brush your natural teeth the first day of surgery, being careful not to disturb surgical sites.
- The day after surgery rinse several times daily with warm water, especially after eating.
- Commercial mouth rinses or other disinfectants should not be used unless prescribed for you.

Wearing your Temporary Prosthesis or Denture

- **If you have a partial denture or temporary “flipper” to wear, it should not be worn until the postoperative visit and any fitting adjustments are made.** The gums may swell some and the denture flange can cut into the gums or cause ulceration which is bad for the graft. The denture or temporary should not touch the gum in the area of surgery at any time.

Nasal Cavity Pressure

- Anything that causes pressure in your nasal cavity should be avoided. **Do not blow your nose for at least two weeks as the pressure may delay healing or damage your sinus surgery site.**
- Sneeze with an open your mouth to minimize the pressure in your sinus passages.
- Avoid flying in pressurized aircraft or scuba diving for at least 2-3 weeks as the pressure changes can disturb the graft.
- Avoid straining or “bearing down” such as with heavy lifting or any blowing action like playing a brass trumpet or blowing up balloons. **Also, avoid the use of straws.**
- You may use decongestants such as over-the-counter Sudafed tablets to thin nasal secretions if feeling stuffy. Early on there may be some streaks of blood in this drainage as it tends to clean the sinus after surgery.
- The bone graft is made up of many small particles. It is common for a few to work their way out over the first couple of days, but you can minimize this by minimize any pulling on the adjacent lip or manipulating the wound.

