



Post-Operative Instructions for Sinus Lift Patients

There is no need to look at the surgical site. DO NOT pull on your lip to see the site and do not touch it. At all. Pulling and tugging can disturb the sutures and cause them to come out; if this happens, the procedure may fail.

For the first week after surgery:

- 1) Do not smoke or chew tobacco.
- 2) Do not blow your nose.
- 3) If you have to sneeze, do so with your mouth open.
- 4) Take over-the-counter sinus medication (i.e. Sudafed, Claritin, Benadryl, etc) daily.
- 5) Do not do anything that increases facial pressure (playing instruments, diving, flying, blowing up balloons, etc)
- 6) Do not do any vigorous exercise or hard physical work for 48-hours
- 7) Nose bleeds are normal and may occur up to several days following surgery.
- 8) Do not be alarmed by the presence of bone granules, Some drainage is normal from the nose and mouth. Just wipe it away.

Diet: Limit yourself to nutritious, soft foods (scrambled eggs, cottage cheese, soft meats, and vegetables, milkshakes, warm soups, etc). DO NOT eat hard to chew foods (popcorn, nuts, crusty bread, etc).

Sutures: If non-dissolving sutures are used, they will be removed at your post-op visit. DO NOT remove your own sutures. If dissolving sutures are used, it's not uncommon to lose some a day or two after surgery. If the area is not bleeding, it is not a concern.

Home Care: Do not brush or floss the treated areas. Use the rinse prescribed in the morning and at night until you return for your post-op appointment. Do not use any other rinse. Warm salt-water may be used. (Dissolve a teaspoon of salt in a cup of warm water to create your own salt-water rinse.)

Bleeding: Some bleeding can be expected up to 24-hours after surgery. If it continues, apply steady pressure with a moist gauze or a moist tea bag for 30-minutes without removing.

Swelling: Use ice packs - 10 minutes on and 10 minutes off - for the first 24-hours after surgery. Then use warm moist heat for the second 24-hours after surgery. Once swelling occurs, it may be taken up to a week to completely go away. If the swelling increases after the first 3 days, call the office.

Bruising: Bruising of the face may occur after surgery. Once the bruise appears, it may take up to two weeks to completely fade.