

Sinus floor augmentation (sinus lift) post operative instructions

PLEASE READ THESE INSTRUCTIONS CAREFULLY

Very often the after-effects of oral surgery are quite minimal, so not all these instructions may apply. Common sense will often dictate what you should do.

It is our desire that your recovery be as smooth and pleasant as possible. Following these instructions will assist you, but if you have questions about your progress, call the office. Please try to call during office hours. However, if you must call after hours, instructions for contacting the doctor will be provided in the message. Calling during office hours will afford a faster response.

Post operative symptoms to be expected:

Bleeding: After a sinus lift procedure it is important that you place gauze over the surgical site to stop bleeding. That's why we ask you to bite on a gauze pad for 30-45 minutes after the appointment. If the bleeding or oozing still persists, place another gauze pad and bite firmly for another 30 minutes. *You may have to do this several times.*

Bleeding from the nose may be encountered in the 1st 24 hours after surgery. Do not be alarmed. If this occurs this simply means that there could be a small perforation in the sinus membrane and your body is simply expelling this blood through your nose.

Pain: In most cases there is not a great deal of pain associated with a sinus lift procedure. Most patients find that over-the-counter pain medication is effective at relieving post operative discomfort.

Swelling: The amount of swelling encountered depends on each person. Use of ice to the operated side of the face on and off in 15 minute intervals for the 1st 24 hours after surgery will limit your post operative swelling. Sleeping with your head elevated will also aid to limit post operative swelling.

Sinus precautions: Due to the nature of this procedure it is possible that a perforation occurred in your sinus lining but was undetected during the operation. We ask that in the 2 weeks following your procedure you refrain from blowing your nose. If you must

sneeze please do so with your mouth open so that pressure does not build up in your sinus. If congestion occurs in your nose or sinus you may use a saline spray available at any retail drug store for relief. Additionally, an over the counter nasal decongestant can also be used. If the congestion persists or becomes unmanageable please call our office for additional instructions.

If a tooth was extracted in addition to the sinus lift procedure: it is important not to disturb or dislodge the clot as it aids healing. Do not rinse vigorously, suck on straws, smoke, drink alcohol or brush teeth next to the extraction site for 72 hours. These activities will dislodge or dissolve the clot and retard the healing process. Limit vigorous exercise for the next 24 hours as this will increase blood pressure and may cause more bleeding from the extraction site.

If medication was prescribed: Use the pain medication as directed. Call the office if the medication doesn't seem to be working. If antibiotics are prescribed, continue to take them for the indicated length of time, *even if signs and symptoms of infection are gone*. Drink lots of fluid and eat nutritious soft food on the day of the extraction. You can eat normally as soon as you are comfortable.

Please be aware that some narcotic pain medications have an addictive or habit forming potential. Please be aware that most narcotic pain medication contains acetaminophen, the active ingredient in Tylenol. To limit your risk of an unsafe overdose of this ingredient do not take over-the-counter tylenol at the same time and in addition to the narcotic pain medication. If it is medically safe for you to take ibuprofen, you may alternate the narcotic pain medication or over the counter tylenol with Ibuprofen in 3 hour intervals. For example: If the first dose of the prescribed narcotic-type medication is taken at 10:00 am, and you will be taking this every six hours, then at 1:00 pm you may take 200 mg to 600 mg of Ibuprofen (1-3 pills of the over-the-counter formulation). At 4:00 pm you may take another of the narcotic-type medication. You may continue this alternation as needed. Make sure you have something in your stomach when taking these medications.

It is important to resume your normal dental routine after 24 hours. This should include brushing and flossing your teeth *at least* once a day. This will speed healing and help keep your mouth fresh and clean.

After a few days you will feel fine and can resume your normal activities. If you have heavy bleeding, severe pain, continued swelling for 2-3 days, or a reaction to the medication, call our office immediately

If you have any questions during your postoperative course please do not hesitate to contact our office.