

### **Post operative instructions after sinus lift procedure**

- After the procedure, you may have some swelling of the area. You may bleed from your mouth or nose. Do not blow your nose or sneeze forcefully. Either one could cause the bone-graft material to move, and loosen the stitches.
  
- Nasal saline sprays can be used to keep the inner lining of your nose wet and medicines to prevent sneezing should be taken . If you have seasonal allergies, you should schedule the procedure when they are not active. You also will be given pain medicine, an antibiotic and an antimicrobial mouthwash to help prevent infection. Most patients have only a little discomfort after a sinus-lift procedure.
  
- You should see the specialist after 7 to 10 days. He or she will evaluate the surgical site and possibly remove stitches. You probably will be asked to return a few more times to make sure the area is healing properly.
  
  
- **DO NOT BLOW .....**
  1. **DO NOT UNDER ANY CIRCUMSTANCES BLOW YOUR NOSE FOR THE NEXT FOUR (4) WEEKS.** This may be longer if indicated. You may sniff all you like but **NO BLOWING.**
  2. Sneeze with your mouth open.
  3. Do not drink with straws and do not spit.
  4. Scuba diving and flying in pressurized aircraft may also increase sinus pressure and should be avoided.
  5. Decongestants such as Drixoral, Dimetapp, or Sudafed will help reduce pressure in the sinuses. You may also be given a prescription for antibiotics. Please take these as directed.

6. 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.
7. Smoking must be stopped.

- **Antibiotics**

Be sure to take the prescribed antibiotics as directed to help prevent infection

- **Oral Hygiene**

1. Do not rinse or spit on the day of your surgery. This tends to disturb the blood clot, open the wound and can prolong bleeding and slow healing. You should not have a significant amount of blood in your mouth. Saliva can be swallowed, even if slightly blood tinged.

2. Keeping your mouth clean after surgery is essential to reduce the risk of infection. Start salt water rinses the day after your procedure. Use one-half teaspoon of salt dissolved in an 8 ounce glass of warm water and gently rinse with portions of the solution, taking five minutes to use the entire glassful. Repeat as often as you like, but at least four to five times daily and always after eating for the next five days.

3. Do not brush the teeth in the area of surgery for 48 hours. When brushing, be very gentle. When expectorating, also be gentle.

4. Use an antibiotic rinse (Chlorhexadine, Periogard, Peridex) for certain procedures. This rinse should be used in the morning and at bedtime after routine mouth care. Do not eat or drink or rinse your mouth after using the medicated rinse. Using this rinse more than two times a day will cause staining of your teeth.

5. Do not smoke for at least two weeks after surgery, if at all. As discussed at your consultation, smoking dramatically increases the risk of bone graft and sinus augmentation failure. Dr. Swiderski can prescribe a nicotine replacement if you feel you need it.

- **Wearing your Prosthesis or Nightguards**

Partial dentures, flippers, or full dentures should not be used immediately after surgery until your post-operative appointment unless specifically instructed otherwise. Please contact the office if there is any question. If you have a temporary "flipper" to wear do not place it until the numbness in the area is gone. When it is placed it should not touch the gums in the area of the surgery. If it does, this can cause ulceration of the wound edges and breakdown of the suture margins. This can lead to loss of the graft. If you have questions about the fit of your flipper, partial or complete denture, do not wear it until your general dentist or our office can see you.

- **Post-Operative Problems or Complications**

As with any procedure, unexpected post-operative healing can occur Please call the office if you experience any of the following conditions:

- If you notice the unexpected flow of air or liquids between your mouth and nose.
- If you are aware of several small particles of graft material being discharged from your nose.
- If you experience sinus or nasal congestion on the side your surgery was performed.
- If there is an increase in swelling in your mouth, cheek or under your eye after 3 days.