

Sinus Lift Post-op Instructions

You have just had bone graft placement to lift the floor of the sinus with/without implant placement to regain the bone support for your new implant. It is important to follow these instructions to protect the bone graft, the implant if placed simultaneously, and the sinus during healing.

1. Do not blow your nose for 4 weeks.
2. Sneeze with your mouth open.
3. It is normal to develop swelling over the surgical site which will peak over 3~5 days and then resolve over the next 5-10 days.
4. Ice applied over the surgical site for the 24-48 hours will minimize swelling; you may apply the ice to your face for 20 min then give a 20 min rest period.
5. Head elevation is also helpful to minimize and reduce swelling, if you can sleep with the head elevated for the first 2-3 nights this will dramatically reduce the amount of swelling and discomfort.
6. Bleeding varies with the procedure but should not be heavy or prolonged. Call if you have bleeding concerns.
7. Put light pressure with the gauze over the surgical site for two hours, after that replace and repeat if necessary. Leave out the gauze once the bleeding has tapered off.
8. Diet should start with soft, cold foods. Avoid chewing directly over the surgical site and avoid sticky foods. You may resume a normal diet when you feel comfortable.
9. The duration of local anesthesia varies from 2-8 hours. Be careful not to bite your lips, cheek or tongue. Move your jaw cautiously until the feeling has returned.
10. Avoid rinsing your mouth or spitting today. Beginning tomorrow you may rinse with warm salt water (1/2 teaspoon salt to 1 cup warm water) every 2 to 3 hours for the first couple of days, then rinse after meals and at bedtime for the next two weeks.
11. Sometimes we will prescribe a mouth rinse, if you have been given this then you should rinse twice daily for the next 2 weeks.
12. Take medications as prescribed. If you have any untoward effects, call the office for assistance.
13. Do not pull or pick on the sutures. You have been instructed to return for a suture removal appointment if your sutures are not dissolvable. If dissolvable, the sutures will last 5~8 days.
14. Do not brush or floss in the area of surgery for the first 48 hours.
15. If you have any removable dental prosthesis or a night guard, do NOT use them unless instructed otherwise.
16. Please let us know if you are a CPAP user for personalized home care instructions.
17. Scuba diving and flying in a pressurized aircraft should be avoided.
18. Please let us know if:
 - a. You notice unexpected flow or air/liquid/mucous between your mouth and nose.
 - b. Small particles of sandy, grainy graft material being discharged from your nose.
 - c. You are experiencing sinusitis symptoms "stuffy nostril," with or without headache and fever.
 - d. There is an increase in swelling in your mouth, cheek, or under your eye after 3~5 days.
19. Contact info: 630-312-8280