

# Post Operative Instructions following Sinus Lift Surgery

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DO NOT smoke or use tobacco of any kind following surgery, this WILL prolong healing

## Medications

- **If you took a SEDATIVE prior to your appointment, DO NOT drive for 24 hours.**
- **Antibiotic:** It is important that you take this on time, and completely. (Failure to do so may result in infection.)
- **Pain Medication:** Take your prescription immediately following dental surgery, then as prescribed for the first day. You may take the pain medication as needed thereafter.
- **Mouth Rinse:** 24 hours after surgery, gently rinse three times a day for 30 seconds. You may rinse between meals with warm saltwater.
- **Decongestants:** It is common to have some congestion following sinus lift surgery. Over-the-counter aids such as Flonase nasal spray should be helpful. *If you must sneeze or cough, do so with an open mouth, and do not pinch your nose.*
- **Do Not Blow Your Nose!**

## Food

- Do NOT spit or suck for two days following surgery. (No straws, mints, hard candies, popsicles, cigarettes)
- Drink plenty of fluids
- Follow a soft, nutritious diet following surgery (pasta, eggs, fish, soup, yogurt, cottage cheese, mashed potatoes, ice cream).
- Avoid until after suture removal: hard, crunchy foods and foods containing small seeds (chips, apples, carrots, celery, lettuce, peanuts, popcorn, strawberries, hard meats).

## Discomfort

- Some discomfort is expected, although this can vary from person to person. Keep up with the pain medication as needed.
- Some patients will have a slight headache due to TMJ (jaw joint) strain.

## Bleeding

- Slight nasal bleeding for the first few days can occur. Apply gentle pressure to the nostrils and lie down with your head elevated until bleeding subsides. Typical site bleeding lasts 4-6 hours.
- It is NOT uncommon to experience oozing up to 24 hours following surgery.
- A small amount of saliva mixed with blood may lead you to believe that your bleeding is worse than it actually is.
- Use the gauze as needed, generally changing it whenever it is too moist, until bleeding stops.

## Swelling or Bruising

- Considerable swelling is expected. Typically the worse swelling occurs on the **third** day, and then will gradually decrease.
- To help control the swelling, use a cold pack for 15 minute intervals (15 on and 15 off) until swelling has peaked.
- Once swelling has peaked warm, moist compresses should be placed on the outside cheek. This will help decrease swelling.
- Bruising is also expected, and may appear anywhere from the second to fifth day. This could range from a black eye to bruising down the side of the face.

## Care of Mouth

- Do NOT brush on or around the site until all sutures have been removed.
- Do brush and floss normally in other areas of your mouth, and use the prescribed rinse as instructed.

## Rest

- DO NOT vigorously exercise or exert yourself for 48 hours.
- Do keep your head elevated while resting or sleeping for the first two days.

## Contact the office if you experience...

- Uncontrollable nasal or mouth bleeding, even after the above measures have been taken.
- Severe, uncontrollable pain.
- Profuse swelling after 3 days that has only gotten worse or it is not decreasing in size.