

## **POST-OPERATIVE INSTRUCTIONS AFTER SINUS LIFT**

- Anything that causes pressure in your nasal cavity must be avoided. Please do not blow your nose or sneeze holding your nose but sneeze with your mouth open to reduce the pressure in your sinus.
- Do not drink through a straw, rinse or spit on the day of your surgery. This could disturb the blood clot, open the wound and prolong bleeding leaving a slower healing process. Saliva can be swallowed rather than spat and may have a slight blood discoloration.
- Do not smoke. Smoking dramatically increases the risk of bone graft and sinus augmentation failure.
- Some discomfort is normal after surgery. Analgesic tablets may be taken under your dentist's direction.
- It is normal for patients to experience swelling in the affected area and some patients also experience bleeding from their nose or mouth. To prevent swelling, apply an ice pack or a cold towel to the outside of your face.
- Please take the prescribed antibiotics as directed to help prevent infection.
- Keeping your mouth clean after surgery is essential to reduce the risk of infection. Start salt water rinses the day following your procedure. Use one-half teaspoon of salt dissolved in glass of warm water and gently rinse with portions of the solution. Repeat as often as you like, but at least four to five times daily and always after eating for the next five days.
- Do not brush the teeth in the area of surgery for 48 hours. When brushing, be very gentle.
- Do not wear a denture until the numbness in the area is gone.
- As with any procedure, unexpected post-operative healing can occur. If you notice the unexpected flow of air or liquids between your mouth and nose, please let us know immediately.