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POST-OPERATIVE INSTRUCTIONS SINUS GRAFTING (SINUS LIFT) PROCEDURE

Sinus grafts (“sinus lifts”) are bone grafts placed in the area of your sinus to build up the bone necessary for implant placement. By following these instructions carefully, healing of the surgical site should occur uneventfully:

- ❖ **Swelling:** Swelling is to be anticipated and will gradually increase over the next 2-4 days. Apply ice to the area on the skin over the surgical site. On for 20-30 minutes and off for 20 minutes for the duration of the first day. Swelling can be prominent in the area of the surgery.
- ❖ **Bleeding:** Bleeding is expected in small amounts over the next 2-3 days. Bleeding from the nose on the side of the graft is common and unless profuse should not be of concern.
- ❖ **Pain:** Pain following the procedure is to be anticipated and should be controlled by the pain prescription prescribed by your doctor. Along with the narcotic pain prescription, if given, take ibuprofen (Advil or Motrin) 400-600 mg every 6-8 hours for the next 3-4 days.
- ❖ **Sutures:** You may have resorbable (dissolving) or non-resorbable sutures. The resorbable sutures may fall out over the next 6-10 days. The non-resorbable sutures will be removed in the office after one or two weeks.
- ❖ **Brushing:** Start brushing teeth the day after surgery, very gently around the surgical site for the next week. Use of an electric brush should be avoided around the surgical site so as not to disturb the surgical site.
- ❖ **Diet:** Full liquid diet for the first 24 hours. After the first day, a soft diet for the next 3-4 days followed by a regular diet as tolerated. Mouthwash: Non-alcoholic mouthwash or saltwater rinses may be started on the day following surgery. If you were given a prescription mouth rinse, this may also be used as prescribed starting the day after surgery.

❖ Sinus precautions:

- take antibiotics as directed until finished
- smoking is to be avoided for the next 4 weeks
- take an over-the-counter decongestant such as Sudafed for the next 7-10 days as directed
- do not blow your nose
- if you must sneeze, try to open your mouth to avoid undue pressure on the sinus area
- you may notice small, sand-like particles in your mouth over the next week
This is not unusual and should not be a cause of alarm

If you have any questions, please contact our office.