

Sinus Lift Post Op Instructions

The procedure has replaced the inadequate height of bone to allow for a placement in your maxillary arch.

The bone that has been grafted is most commonly a combination of freeze-dried bone and/or synthetic bone.

IMPORTANT PRECAUTIONS:

NO nose blowing for the next 4 weeks.

If you need to sniff with your nose that is ok—just no nose blowing.

Anything that causes pressure in your nasal cavity must be avoided.

- No nose blowing or closed mouth sneezing
- Do not drink with straws and do not spit.
- Avoid circumstances that will change air pressure such as flying/scuba diving.
- Avoid strenuous activity that will result in “bearing down”. In addition, do not blow up balloons, play musical instruments etc.
- Absolutely no smoking. If necessary, nicotine patches can be used.
- Do not eat/chew on the side where the surgery was done.

Decongestants such as Zyrtec D or Sudafed will help reduce pressure in the sinuses. You will also be given a prescription for antibiotics. Please take these as directed.

Oral Hygiene

Do not rinse, suck or spit in the 48 following your surgery.

You may notice a red tinge to your saliva—this is normal.

Keeping your mouth clean after surgery is essential to reduce the risk of infection.

Beginning Day 3:

Warm salt water rinses (1/2 teaspoon in 8 oz of warm water), gently rinse with portions of the solution, taking 5 minutes to use the entire glassful. Do this at least 4-5 times per day and every time you eat.

Use the Chlorhexidine Gluconate rinse two times per day, gently swishing for about a minute. Gently expectorate the excess, do not eat or drink anything for at least 45 minutes following this.

Day 6: Begin gently brushing the area with a soft toothbrush, be careful to avoid sutures and do not brush directly on the surgical site.

Smoking

Do not smoke for at least 2 weeks after surgery, if at all.

Smoking dramatically increases the risk of bone graft and sinus augmentation failure.

Wearing your Prosthesis or Night Guards

Partial dentures, flippers and occlusal/night guards should not be worn following surgery unless your doctor has cleared it. The prosthesis may rub on the area and cause ulcerations that will lead to a degradation of the sutures and possible loss of the graft.

Post-Operative Problems or Complications

As with any procedure, unexpected post-operative conditions can occur. Please let us know if:

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