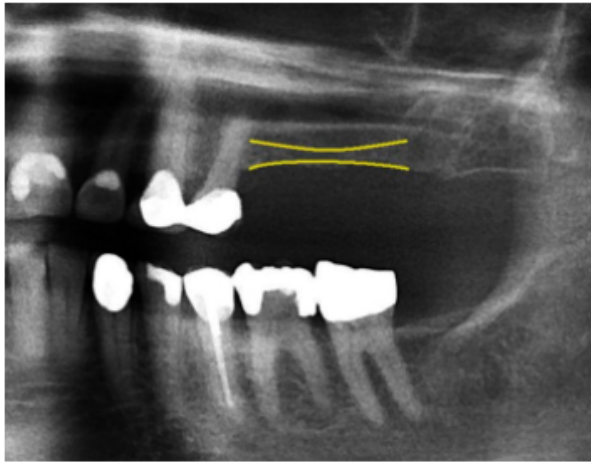
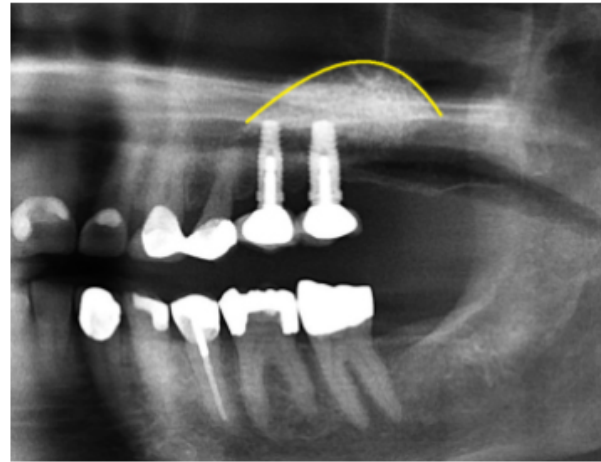


Sinus Lift P.O. Instructions



BEFORE SINUS LIFT: Bone is too thin for implants (bone outlined in yellow)



AFTER SINUS LIFT: Enough bone for placement of implants (bone outlined in yellow)

After undergoing a sinus lift bone graft surgery, please follow these Sinus Precautions and Post-Operative Instructions:

Sinus Precautions

No smoking – Nicotine decreases blood flow to the healing surgical site, and smoke irritates the surgical site. Smoking can result in delayed healing and sinus infection.

Do not blow your nose for 1 week – Blowing your nose creates high pressures that can disrupt healing of the sinuses.

Ocean Nasal Spray – If your nose feels congested, use Ocean Nasal Spray to loosen up mucus and permit passive drainage from your nose. Ocean Nasal Spray is available over-the-counter at the pharmacy.

Sudafed – If your sinuses feel congested, use Sudafed as directed. Sudafed is available over-the-counter at the pharmacy. Do not take Sudafed if you know that you are allergic to Sudafed.

Sneeze through your mouth – If you feel the urge to sneeze, please sneeze through your mouth instead of your nose; this will avoid high pressures that can disrupt healing of the sinuses.

Do not “bear down” – Avoid lifting heavy objects, blowing up balloons, or playing musical instruments that require a blowing action or any other activity that increases nasal or oral pressure.

No swimming for at least 1 month – Water entering your nose from swimming can lead to a sinus infection.

No SCUBA diving for at least 2 months – pressure exerted by water pressure can disrupt healing of the sinuses.

Post-Operative Instructions

Firm, Moist Gauze Pressure for 2 Hours: Firm, moist gauze pressure stops bleeding. Bite down firmly and do not talk during this time. Relax sitting upright in a comfortable chair watching TV. If still bleeding after 2 hours, stack and fold 3 fresh gauze, moisten with water, and apply to the wound for 1 hour at a time until bleeding stops.

Apply Cold Packs to Face: Apply bags of ice or frozen peas to each side of face. Hold bags in place with an ACE wrap, scarf, or towel. Alternate cold packs 30 minutes on and 30 minutes off for the first 48 hours. Keep head elevated on a recliner or couch while sleeping for the first 7 days to minimize swelling.

Elevate Head for the First 7 Days: Keep head elevated on a recliner or couch while sleeping for the first 7 days to minimize swelling. Do not lay flat on a bed for the first 7 days, as increased facial swelling will occur.

No Smoking: Do not smoke. Smoking slows healing and increases the risk of sinus infection and severe pain, as well as increasing the risk of failure of the bone graft.

No Spitting: Do not spit for 1 month. Spitting can dislodge the bone graft, causing failure of the bone graft. If you feel like you need to spit, gently rinse water in your mouth and then let the water passively fall into the sink.

No Straws: Avoid straws for 1 month. Using a straw can dislodge the bone graft, causing failure of the bone graft. Eat smoothies and milkshakes with a spoon, or drink from a cup.

Diet: Day 1 – Cool, soft foods (i.e. ice cream, yogurt, smoothies, milkshakes – use a spoon, no straws). Days 2 thru 31 – Soft, room temperature food (i.e. pasta, scrambled eggs, red beans, rice, mashed potatoes). Avoid hot and spicy foods and drinks. Make sure soup and coffee has been cooled to room temperature.

Medication: Take all medications with food to help prevent nausea. Use medications as directed by prescriptions. Do not drive or operate heavy machinery after IV or Oral sedation, or if you are taking narcotic medications (i.e. codeine, hydrocodone, oxycodone, tramadol) or nausea medication (promethazine), as they impair judgement and cause drowsiness.

Rinsing: Begin GENTLE rinsing on Day 2 after each meal. Vigorous rinsing can dislodge the bone graft, causing failure of the bone graft. You may use over-the-counter alcohol-free mouthrinse or water. Rinsing keeps the mouth clean and decreases the risk of infection. Do not spit. Instead, gently rinse and then let the rinse passively fall into the sink.

Oral Hygiene: Use a soft bristle toothbrush (avoid electric toothbrush) to brush teeth normally, but avoid the bone graft surgical site. Gently rinse with over-the-counter alcohol-free mouthrinse or warm salty water.

Activity: Frequent rest is important after surgery. Do not exercise for 1 week after surgery, as exercise can cause painful throbbing or bleeding at the surgical site.

Swelling: For the first 4-5 days after surgery, it is normal for you to experience swelling, pain, and even bruising, which then gradually disappear.

- **When the office is closed, the answering service will prompt you on how to get a hold of the surgeon on call. This should be used on an emergency basis ONLY. Leave a message and your call will be returned as soon as possible.**

