

Instructions following Sinus Lift

BE AWARE

1. Bleeding

A small amount of bleeding is normal for up to 48 hours. Bite on gauze to reduce the bleeding. If bleeding persists after 48 hours, please contact the office.

2. Pain

Discomfort is expected after the surgery. The surgical site will be most sore when the anesthesia first wears off. Please take pain medications as instructed.

3. Swelling

A small amount of swelling is normal and is part of healing. Expect swelling for the first 3 days post-op. Ice pack should be applied to reduce the amount of swelling.

4. Stitches

- Non-dissolving: Please come back in 1-2 weeks to remove your sutures.*
- Self-dissolving: You do not need to come back to remove your sutures. Your stitches will likely dissolve within 5-7 days.*

PLEASE DO

1. Decongestant

If your nose is stuffed up, please use over-the-counter decongestant, and avoid blowing your nose.

2. Ice Pack

Apply an ice pack to the side of your face where the surgery was done; 20 minutes on & off.

3. Salt Water Rinses

After 24 hours of the surgery, gently rinse your mouth daily with salt water (1 teaspoon salt in 1 cup lukewarm water).

Commercial mouthwashes are not recommended.

4. Take Pain Medication

Mild pain medication such as ibuprofen (Advil) or acetaminophen (Tylenol) are recommended to be taken. If needed, stronger analgesic may be prescribed.

5. Take Prescribed Medication

Your doctor may prescribe other medication as needed. Please take your prescription as per instruction.

PLEASE AVOID

1. Blowing your nose

Blowing your nose will increase the pressure in the sinus, which can undo the sinus lift.

2. Flying

Change in atmospheric pressure by taking a flight can increase the pressure within the sinus and can undo the sinus lift.

3. Aggressive mouth rinse

4. Smoking

5. Toothbrushing the area

6. Heavy exercise

#3-6 will lead to poor healing and may risk implant failure.

7. Chewing on the side of your mouth where the surgery was done

If food gets impacted in the surgical site, it can lead to infection.

Most patients heal normally and without complications. If you have any questions or concerns, please do not hesitate to contact our office. You matter to us, and we are here for you.

Remember that you have just had a minor surgery. Be kind to yourself and rest often.