

# Darius Smith D.D.S., PC

IV Sedation, Extractions, Implants  
Periodontal surgery, Root Canals and Consulting

## **POST OP INSTRUCTIONS FOR SINUS LIFT SURGERY**

A certain amount of swelling, pain and bleeding is normal.

The following instructions are provided to make your postoperative recovery period as short and pleasant as possible.

You will be having a Sinus Lift if the area in the upper jaw that you are to have an implant(s) currently has insufficient bone because of an enlarged sinus. This procedure will augment the deficient area in the maxillary sinus. The bone that is being grafted will most commonly be coming from freeze dried bone.

DO NOT UNDER ANY CIRCUMSTANCES. BLOW YOUR NOSE FOR THE NEXT FOUR (2) WEEKS. This may be longer if indicated. You may sniff all you like but NO BLOWING. The pressure will delay or damage your sinus healing. If you have to sneeze, do NOT hold it back — sneeze out. Open your mouth and try to minimize the pressure in your nasal/sinus passages.

Do not disturb the wound. Avoid rinsing, spitting, or touching the wound on the day of surgery. Be as gentle as you can around the bone grafting area.

### Bleeding

Some bleeding or redness in the saliva is normal for 24 hours. Excessive bleeding (your mouth fills up rapidly with blood) can be controlled by biting on a gauze pad placed directly on the bleeding wound for 30 minutes. In general, use as little pressure as is needed. Change the gauze pad every 30 minutes as needed. If excessive bleeding continues, please call for further instructions. Remove gauze when it is no longer needed.

### Swelling

Swelling is a normal occurrence after surgery. To minimize swelling, apply an ice bag (or a plastic bag or towel filled with ice) on the cheek in the area of surgery. Apply the ice continuously, as much as possible, for the first 48 hours. Swelling generally reaches a peak in 48-72 hours and then subsides over the next 3-5 days. If swelling begins to increase after the third post-operative day, please contact your doctor immediately.

### Diet

Drink plenty of fluids. Avoid hot liquids and foods. Soft foods and liquids should be consumed on the day of surgery. Keep all solid food away from the surgical site.

### Pain

You should begin taking pain medication before the local anesthetic wearing off. For moderate pain, ibuprofen (Advil® or Motrin®) may be taken. Ibuprofen bought over the counter comes in 200 mg tablets: 3-4 tablets may be taken every 6-8 hours as needed for pain (no more than 3200 mg/24-hour period). For severe pain, the prescribed medication should be taken as directed. Do not take any of the above medication if you are allergic or have been instructed by your doctor not to take it. This may include patients with liver or kidney disease.

### Antibiotics

Be sure to take the prescribed antibiotics as directed to help prevent infection.

### Oral Hygiene

Good oral hygiene is essential to good healing. Warm saltwater rinses (a teaspoon of salt in a cup of warm water) should be used at least 4-5 times a day, especially after meals. If you are given a prescription for Peridex™ Oral Rinse, rinse for 30 seconds and spit twice per day. Do not brush the 2 adjacent teeth on either side of the graft site for 5 days. After 5 days, you may gently brush the tooth surfaces of the adjacent teeth, as long as the bristles don't disturb the graft site.

### Activity

Keep physical activities to a minimum immediately following surgery. If you are exercising, throbbing or bleeding may occur. If this occurs, you should discontinue exercising. Keep in mind that you are probably not taking normal nourishment. This may weaken you and further limit your ability to exercise.

You may use nasal decongestants, such as over-the-counter Sudafed® tablets or Afrin® nasal spray, to keep your passages dry, especially if you have noticed continued drainage or feel the need to blow your nose.

Take the antibiotics prescribed by your doctor until they are finished, even if you feel fine. They protect the surgical site from infection. Also, 1 or 2 servings of yogurt or an acidophilus probiotic tablet are recommended daily to reduce gastrointestinal complications (such as diarrhea).

Do not drink through a straw. This creates suction, which may damage a healing clot. You may drink out of a cup or bowl, or use a spoon.

Saliva can be swallowed. Do not brush your teeth next to the surgery site for 48 hours or only brush in areas away from your graft surgery. When expectorating, BE GENTLE. If you used a prescribed mouthwash prior to surgery, it should be continued starting 24 hours after your surgery. Place the mouthwash in the area of the surgery and let it sit 30-60 seconds. Do not rinse with it until after you have returned for suture removal.

Apply ice immediately in the areas where the surgery was done. Since your graft was in the upper jaw you can expect swelling and discomfort up into the nose and even under the eyes and cheeks. Bruising and discoloration is not unusual. Crushed ice or equivalent should be placed in a plastic bag then in a washcloth and placed on the face. Apply for 30 minutes, then off for 20-30 minutes. This should be done on a near continuous basis (or as much as possible) for the first 48 hours and longer if possible or if this helps reduce your pain.

Avoid excess activity. In addition, DO NOT SMOKE. Do not drink with a straw or drink carbonated liquids (minimum 3 days). Do not consume alcoholic beverages while taking your pain medication. SMOKING CAN CAUSE THIS PROCEDURE TO FAIL.

You will notice that you cannot see any new bone in your mouth as the gums covers the area. The area of the graft placement will feel full and tight. This is normal. Do not stretch your lip daily to inspect the area. This can cause wound breakdown.

If you have a temporary flipper or denture to wear do not place it until the numbness in the area is gone. You very likely may need to wait until the stitches are removed until your denture can be worn. When it is placed it should not touch the gums in the area of the surgery. If it does, this can cause ulceration of the wound edges and breakdown of the suture margins. If you have questions about the fit of your flipper or denture, do not wear it until our doctors or your referring dentist can see you.