

Instructions Following Sinus Lift

ACTIVITY: Restrict activities and physical exertion the day of and the day after periodontal surgery, being sure to get plenty of rest. Strenuous aerobic **exercise is not recommended for 72 hours**. We strongly discourage smoking during the initial healing period, as this may increase pain and delay healing. **Do not take flight 2 weeks**.

MEDICATIONS: All medications prescribed should be taken according to directions. Narcotic pain medications should not be mixed with alcohol, tranquilizers, or sleeping pills. Antibiotics should be taken as directed. If itching, rash, or diarrhea develops, discontinue any further use of medication and call the office. Antibiotics have been shown to possibly decrease the effectiveness of birth control pills. Please check with your gynecologist if necessary. During antibiotic course, recommend to take probiotic to protect stomach

DISCOMFORT: Some soreness or discomfort may develop when the anesthetic wears off. The pain medication prescribed should be taken as directed. The anti-inflammatory pain medication should be taken regularly for the first 72 hours or as directed by the doctor. If you have excessive pain, swelling, and temperature spikes (sharp rises), please notify the office. When appropriate, stronger narcotic pain medications also may be prescribed as a backup.

CONGESTION: **Do not blow your nose for the next 6 weeks**. **If you have to sneeze, please do so freely with your mouth open**. Attempts to stifle a sneeze may exert excessive force on your sinus resulting in damage to the graft.

SWELLING: Slight swelling of the face is not unusual following sinus surgery. This is a normal response and should not be a cause of alarm to you. The amount of swelling varies with every patient and with the extent of the surgery. Swelling can be minimized by applying ice packs over the affected areas during the first 24 hours (20 minutes on, 20 minutes off, or alternating sides). Crushed ice placed inside the mouth is helpful and aids your level of hydration. Moist heat can be applied intermittently during the 2nd and 3rd postoperative days to decrease swelling that may occur. Swelling may be greatest on the 3rd and 4th day and should subside thereafter. If you wear an upper partial denture, it is usually recommended that it be worn for the 1st week after surgery if comfort permits.

BLEEDING: Slight bleeding for as much as 24 hours is normal, and will turn the saliva red. Vigorous rinsing of the mouth interferes with clotting, but cold water or strong iced tea held in the mouth will help stop any seepage. Tea bags moistened and held under pressure on either side of bleeding area will also stop most seepage. When lying down, keep your head slightly elevated to prevent increase of blood pressure in this area. An old pillow case may be recommended the first night following surgery. If bleeding continues, contact the office during our business hours. Or doctor emergency line (617)903-7838 after business hour.

DIET: Nutrition is important to the healing process. At first, you may find it difficult to chew so you might want to eat smaller amounts more often, instead of more complete meals. The patient who maintains a good diet of soft foods generally feel better, has less discomfort, and heals faster. Avoid hard brittle foods or foods containing nuts, onions, peppers, or spices. Many soft foods can be chewed comfortably and the diet can be supplemented with liquid nourishments such as Ensure, Metrical, or Carnation Instant Breakfast. Drink plenty of fluids. In summary, during the first 24 hours, the diet should be cold and soft. (Hot foods or liquids can increase bleeding and swelling.)

HYGIENE: Oral hygiene procedures are important during the initial phase of healing; however, at the surgical sites avoid direct oral hygiene for the first day. Begin using mouth rinse recommended or prescribed by the doctor on the twice a day bathing rinse. Please brush and floss the unaffected areas of your mouth as you would normally.

