

Post-Surgical Instructions for: Sinus Lift

Brushing/Flossing

- Do not brush or floss the treated area for 1 week
- You may brush and floss all other teeth normally
- You will be scheduled for a follow up appointment 10-14 days after the procedure and proper brushing/flossing of the area will be reviewed at that time

Eating

- Day 1 avoid hot foods (hot soups, coffee, tea) as they will increase swelling
- Day 2 warm foods may be consumed
- Soft foods will be desired due to soreness (pasta, cottage cheese, mashed potatoes, foods soft enough to cut with a fork)
- Avoid crunchy, hard, spicy or salty foods (pretzels, nuts, chips, popcorn)
- Avoid drinking with a straw for 3 days as this can create bleeding

Chewing

- Do not chew on the side that has been treated for 1 month. Cut food into small pieces and chew on the untreated side.

Discomfort, Swelling, Bruising

- It is normal to experience pain, throbbing or discomfort. Typically the first 2-3 days are when the most soreness occurs, however, discomfort can last a week and possibly into the 2nd week
- Delayed discomfort is possible. This means you may feel little to no discomfort the 1st week but you may experience some discomfort the 2nd week
- Swelling or bruising of the gum, cheek, and chin is normal. To help with swelling, you may place a cold pack on the outside of your face near the treated area repetitively, 10 minutes on 10 minutes off. This is most effective the first 24-72 hours following the surgery
- Minimize talking as much as possible the first day in attempt to help with discomfort and swelling
- Discomfort in the jaw or ear is normal and is often related to the anesthetic given

Bleeding

- It is normal to experience slight bleeding for the first 2-3 days
- Gauze will be sent home with you, for you to bite on if the area bleeds. Do not use gauze if there is no bleeding. Doing so can create unnecessary bleeding
- Some medications can increase the amount of bleeding such as Aspirin, Xarelto, Plavix, Eliquis Coumadin, Heparin, Pradaxa, Effient
- If the area is steadily bleeding, fold a piece of lightly moistened gauze into a small square; place it in the area that is bleeding and bite. Change the gauze about every 15 minutes until you no longer see any blood
- If the area continues to bleed with the gauze in place, remove the gauze and replace with a moist small tea bag. The tannic acid in the tea may help control the bleeding. Unfortunately the taste is not pleasant
- If excessive bleeding continues after attempting the above procedures, call the office or after hours emergency phone number on the back of this page

Nasal Drainage

- It is normal to experience nasal "stuffiness" or drainage. You may take an over the counter decongestant (Sudafed) or an antihistamine (Claritin, Tylenol Sinus, Benadryl)
- A nasal spray (Afrin) can be used for 2-3 days but **no longer than 3 days**.
- **Avoid blowing your nose hard for the 1st week as this can compromise the surgical result**
- Avoid sneezing through your nose. Attempt to cough as you sneeze. This will help eliminate strong forces through the nose

Sutures

- Sutures (stitches) are non-resorbable and will come out typically within 10-14 days. They may untie, become loose and hang down from the palate. Do NOT attempt to pull or remove the sutures. If they are long and bothersome, you may trim them with small scissors

Prescriptions

- **Mouth Rinse**
Dispense 1 cap full and hold in area for 30 seconds. Gently spit
Do this twice daily (after breakfast and before bedtime) until you return for your 10-14 day follow up appointment
- **Antibiotic**
Take as directed until gone. Many antibiotics counteract oral contraceptives, therefore the use of alternative contraceptives to prevent pregnancy is recommended
- **Pain Medication**
Take as needed (i.e. Ibuprofen, Tylenol, Advil, or prescribed medication)

Working

- It is not advised to return to work the same day of surgery due to possible discomfort and bleeding
- You likely will be able to return to work the following day
- **If you elect to be sedated for the procedure, you are NOT to return to work the same day but may return the following day. You are NOT to drive until the following day.**

Exercising

- Avoid exercising or heavy lifting for 2 days.
- Walking is approved
- If you experience throbbing in the surgical area, stop physical activity

Smoking

- It is best not to smoke during the 1st week following the surgery as it will delay the healing, process, cause bleeding, and compromise the results of the procedure

Questions or Concerns

Office – 317-844-2792

After hours emergency for Dr. Kurt – 317-691-4169

After hours emergency for Dr. David – 317-405-7420

Surgical Assistant _____

10-14 Day follow up appointment

Date _____ Time _____ a.m. p.m

We will call you to schedule