



## Post-Surgical Instructions for a Sinus Lift

### Side effects of the procedure:

- ☞ Bleeding is normal during the post-operative period. If the bleeding is bothering you, applying pressure for 30-45 minutes with a piece of wet gauze or a wet tea bag will usually stop the blood flow. If you feel that your bleeding is excessive, contact your periodontist.
- ☞ Pain is normal during the post-operative period. Use the pain medication that your periodontist has prescribed exactly as is written on the prescription.
- ☞ Swelling is normal during the post-operative period, and is necessary for healing to occur. Swelling can be slightly decreased by applying ice to the face in the area of the surgery, using a routine of 15 minutes on, followed by 15 minutes off, for the first 24 hours. Swelling may be accompanied by bruising on the face and neck, and this is normal.
- ☞ If you notice little pieces of bone in your mouth, it does not mean that you have lost the entire bone graft. Sometimes, little pieces of bone may come out of the surgical area before the gums have had a chance to completely cover it, and this is normal.
- ☞ Nosebleeds are completely normal for several days after the procedure. Treat them as you would any other nosebleed.

### Care of the surgical site

- ☞ Avoid any activity or motion that might create pressure inside your mouth. Common examples of things to avoid are: smoking, sucking liquids through a straw, and spitting.
- ☞ Avoid brushing and flossing in the surgical area during the first two weeks of the post-operative period.
- ☞ Avoid strenuous physical activity for the two weeks following the procedure.
- ☞ Your stitches will either dissolve by themselves, or be taken out by your periodontist. Do not attempt to remove them yourself, and do not attempt to touch the surgical area with your hands, as they are not clean. Do not attempt to pull on your lip or cheek to see the surgical area in the mirror or to show it to other people, as this can cause failure of the bone graft or implant.

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- 🦷 Avoid blowing your nose. This creates pressure in your sinus, because the nasal cavity and the sinus are connected. Excess pressure in the sinus following a sinus lift can cause failure of the procedure. If you're feeling stuffed up following the procedure, get an over-the-counter nasal decongestant at the pharmacy, and use it until you are no longer stuffed up, or until two weeks after the procedure.
- 🦷 Avoid sneezing through your nose, as this will also cause pressure in the sinus. If you have to sneeze, try to expel the sneeze through your mouth.
- 🦷 Avoid any activity which places your head below the rest of your body (e.g. gymnastics, yoga etc.) for two weeks following the procedure
- 🦷 Avoid any activity which requires full immersion of your head under water. For example, swimming in a pool might cause water to travel up your nose and into your sinus. The bacteria in the water can cause a sinus infection, and can lead to failure of the procedure.
- 🦷 Avoid flying in an airplane, SCUBA diving, or any other activity which might cause a significant pressure change in the air around you for two weeks after the procedure. Extreme or sudden pressure changes in the sinus can cause failure of the procedure.

### Medication

- 🦷 Infection can be a significant complication of a bone graft or implant surgery. Take the antibiotic you have been prescribed exactly as written.
- 🦷 Use the salt water rinse in the following manner: swish with 15mL (1 tablespoon) for 30 seconds, twice a day, for two weeks. Do not swallow this mouth rinse. Do not use any other mouth rinse in place of this mouth rinse. Let this mouth rinse fall gently from your mouth, rather than spitting it out.

### Diet

- 🦷 Avoid eating or drinking anything hot or spicy, and avoid eating anything hard, during the post-operative period. In fact, if you can manage to avoid chewing anywhere near the surgical area, you will be less likely to develop complications.

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