

NORTHWEST DENTAL CENTRE

SINUS LIFT POST-OPERATIVE INSTRUCTIONS

- Do **NOT** chew anything until the anesthesia wears off, as you might bite your lips, cheek, or tongue and cause damage. You will probably have some discomfort when the anesthesia wears off; take your pain medication(s) as directed before you feel pain or discomfort, whether it is prescribed or over-the-counter.
- **Nose bleeds may occur after the surgery. These will stop in a few days**
- **Please do NOT blow your nose for the next 2 weeks. You can “sniff” or use tissue to wipe your nose**
- **Please try to sneeze with your mouth open for the next 2-4 weeks**
- **For sinus decongestants, you may use an over-the-counter medicine and follow the instructions on the box.**

MEDICATIONS:

- Please take **Ibuprofen or Advil 600mg** (equal to 3 tabs of over-the-counter Ibuprofen or Advil) every 4-6 hours for the next 3-5 days. Please take it as instructed, whether the area hurts or does not hurt
- Do **NOT** exceed 3200mg (16 tabs) in a 24 hour period

OR

- Please take **Extra Strength Acetaminophen or Tylenol 1000mg** (equal to 2 tabs of over-the-counter Extra Strength Tylenol) every 4-6 hours for the next 3-5 days. Please take it as instructed, whether the area hurts or does not hurt
- Do **NOT** exceed 4000mg (8 tabs) in a 24 hour period. If and when you are taking Tylenol #3, please only take 1 tab of Extra Strength Tylenol
- **If an antibiotic has been prescribed to prevent or minimize infection, please take the antibiotic as instructed until all tablets/pills are finished.**

DISCOMFORT:

- Slight swelling in the operated area is not unusual. Even bruising and chapped lips may occur.
- **A reusable ice bag or a frozen vegetable bag**, wrapped in a soft towel, may be applied to the area of surgery to minimize the swelling of your face.
- **Alternating 10 minutes on and 10 minutes off** will usually be adequate during the **first 24-48 hours after surgery.**
- **Keep your head elevated above your heart** will also help. One or two days after surgery, moist heat will help resolve minor swelling. **Major swelling should be reported to the doctors at once.**
- You may experience some tooth sensitivity after surgery, especially to cold. Sensitivity usually decreases within several weeks after surgery and can be minimized by keeping the area as free of plaque as possible. If the sensitivity is extreme, contact the doctor for recommendations or medications to relieve the discomfort.
- If you are instructed to wear a **clear stent or an upper denture that covers up the roof of the mouth, do NOT REMOVE it for 24 hours NO MATTER WHAT!!** It may pool with blood, but leave it in there and just swish with Chlorhexidine rinse or luke warm salt water.

After 24 hours you are to wear it as much as you please, especially while you eat for your comfort

BLEEDING:

- Minor bleeding, such as a pinkish tinge to your saliva, may occur during the first 48 hours following surgery.
- Avoid extremely hot foods for the **rest of the day** and do **NOT** rinse out your mouth, as these will often prolong the bleeding.

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- If bleeding continues, apply moderate pressure to the area with a moistened gauze or moistened tea bag. Keep in place for 30-60 minutes, without looking, to see if bleeding has stopped.
- If bleeding increases or occurs past the initial 48 hours, please call our office as soon as possible to notify the doctor and receive further instructions. Avoid any strenuous physical activity for the next 2-3 days to prevent or minimize severe bleeding.

EATING/DIET:

- Please follow a soft food diet, taking care to avoid the surgical area(s) when chewing. Chew on the opposite side and do NOT bite into food if the procedure was done in the front of the mouth. Avoid sticky and hard foods such as ice cubes, nuts, popcorn, chips, and brittle foods. Avoid spicy, highly seasoned, or acidic foods in your diet as well. Foods that require little chewing such as soups, pasta, scrambled eggs, mashed potatoes, macaroni and cheese etc. are best. Be sure to maintain adequate nutrition and drink plenty of fluids including protein shakes if unable to eat.
- Avoid alcohol (even beer or wine) and smoking until after your post-operative appointment. Smoking is not advised during the week following surgery as it will severely delay healing.

HOMECARE:

- Maintain normal oral hygiene measures in the areas of your mouth not affected by the surgery. In areas where there is dressing, lightly brush only the biting surface of the teeth. After you have eaten or you have snacked, please use lukewarm salt water rinses 4-6 times a day; 30 seconds of swishing with each use.

- Vigorous rinsing should be avoided for at least 48 hours.

STARTING TOMORROW:

- Please use warm salt water, Periogard, Peridex, or Chlorhexidine mouth rinse 2 times a day (morning and night); 30 seconds of gentle swishing with each use
- Please do NOT play with the surgery area with your fingers or tongue
- Do NOT pull up or down the lip or cheek to look at the area and do not have someone else look at the area. **JUST LEAVE IT ALONE!**
- Do NOT use a drinking straw, as the suction may dislodge the blood clot
- Avoid extremely hot foods. Cold foods such as ice cream or protein shakes are OK as long as you are using a spoon

Try to relax and practice the best oral hygiene possible and your healing should progress well.

If you have any questions or concerns, experience any unusual symptoms like uncontrollable pain, excessive or severe bleeding, marked fever or excessive warm swelling, or anything that you feel is out of the ordinary, remember that we are only a phone call away at: (403) 282-7933.