

Post Surgical Instructions for: Sinus Lift

Brushing / Flossing

- Do not brush or floss the treated area(s) for 1 week. You may brush and floss all other teeth normally. You will be scheduled for a follow-up appointment in 7-10 days and proper brushing and flossing of the area(s) will be reviewed at that time.

Eating

- Softer foods will be desired for the first few days. Cut food into small pieces and chew on the untreated side of your mouth. Avoid crunchy, hard, spicy, salty foods (pretzels, nuts, chips) as they will irritate the treated area(s)
- Avoid hot foods for the 1st day (hot soups, coffee, tea), as they will increase swelling to the treated area. Warm foods can be consumed on the 2nd day.
- Avoid drinking with a straw for 3 days as this can create bleeding

Discomfort / Swelling / Bruising

- Unfortunately, following the surgery you can expect much discomfort, pain, and throbbing. Typically the first 2-3 days is when the most soreness occurs. The discomfort can last up to one week and possibly into the 2nd week
- “Delayed discomfort” is possible. This means that you may feel little to no discomfort the 1st week but do experience some the 2nd week
- Swelling of the gum, cheek, and under the eye is normal. Minimize talking as much as possible the first day in attempt to help with discomfort and swelling
- Bruising of the cheek, chin, and under the eye is normal
- A cold pack can be gently placed on the outside of the cheek for up to 20 minutes every 2 to 4 hours. This is most effective the first 24 to 72 hours following the surgery

Bleeding

- It is normal to experience slight bleeding for the first 2-3 days
- Gauze will be sent home for you to bite on if you should experience bleeding

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 to 3 days but **no longer than 3 days**.
- Avoid blowing your nose hard for the 1st week as this can compromise the surgical result

Over >>>>

Sutures

- Sutures (stitches) are resorbable and will come out within 5-10 days. They may untie and become unloose. Do NOT attempt to pull or remove the sutures. If they are long and bothersome, you can trim them with small scissors

Working

- It is not advised to return to work the same day of surgery due to possible discomfort.
- 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**

Exercising

- Avoid exercising or heavy lifting for 2 days

Smoking

- It is best not to smoke during the 1st week following the surgery as it will delay the healing process

Prescription Mouth Rinse

- Rinse twice daily (after breakfast and before bedtime) for 1 week

Antibiotic

- Take as directed until gone

Pain Medication

- Take as needed: Ibuprofen, Tylenol, or prescribed medication

1 Week Follow-Up Appointment

- An appointment will be scheduled for you to return 7-10 days following the surgery to evaluate the area(s) for healing

Questions or Concerns

- **Office # 317-844-2792**
- **After hours emergency # 317-691-4169**

