



Post-Operative Instructions for Sinus Lift

If you must sneeze or cough, do so with your mouth open, and do not pinch your nose. DO NOT blow your nose. DO NOT spit or suck through a straw

What to expect:

Discomfort

- Generally, patients will have discomfort the first to third day, although this can vary from person to person. Keep up with the pain medication as prescribed.

Bleeding

- Slight nasal bleeding for the first few days can occur. Apply gentle pressure to the nostrils elevate your head until bleeding subsides.
- Typical site bleeding last 4-6 hours. You may experience some gritty granules in your mouth. This is normal and results from graft material placed in the area.
- Use the gauze as needed until bleeding stops. Do NOT pull on your lip or cheek when changing gauze or press on the cheek bone area.

Swelling or Bruising

- Considerable swelling is expected. To help control the swelling use a cold pack for 15-minute intervals until swelling has peaked. Bruising is also expected. This could range from a black eye to bruising down the side of the face.

Care of mouth

- Do NOT brush in or around the site until all sutures have been removed. Brush and floss normally in other areas of your mouth and use the prescribed rinse as instructed

Rest

- Do NOT vigorously exercise or exert yourself for 48 hours
- Keep your head elevated while resting or sleeping for the first two days

Medications

- It is important to take the prescribed antibiotic on time and completely. Failure to do so may result in infection. Take your pain prescription immediately following dental surgery. Over the counter pain meds may be used following the first day. A warm salt water rinse or the prescribed Chlorohexidine may be used to rinse twice a day for 30 seconds.

You should contact the office if you

- Uncontrollable nasal or mouth bleeding even after the above measures have been taken
- Severe uncontrollable pain
- Profuse swelling after 3 days that has only gotten worse or it is not decreasing in size
- If a large amount of graft material were to come out of the nose or mouth area (although a small amount is normal and to be expected)

If you have any questions, please call us any time of day or night.

Office: (253)833-2790

Dr. Haynes Cell: (253)686-1057