

Sinus Lift

Post-Op Instructions

Jason I. Margolis, D.M.D.
Kaine K.S. Stokes, D.D.S.
Albert W. Parulis, D.M.D., F.A.C.S.



Please Follow The Post-Operative Instructions Below

The sinus cavity is the hollow air space above and near the teeth on either side of your upper back jaw, which lies alongside and connects with your nose. Patients that have had a tooth removed near the sinus cavity or an implant procedure/bone grafting involving the sinus need to follow some special post-operative precautions to avoid pressure changes and actions that could possibly negatively impact healing.

Please follow these instructions carefully for the next 3-4 weeks.

- Do NOT blow your nose. Wipe nasal secretions gently.
- Do NOT use a straw.
- Do NOT smoke. This reduces the blood flow, contaminates the healing wound and may lead to infection.
- Try to avoid sneezing. If you do sneeze, sneeze with your mouth open – do NOT block the sneeze by pinching your nose.
- Avoid activities that may cause pressure changes in your mouth.
- If you feel congested or have a runny nose, use over-the-counter nasal decongestant or antihistamine (Sudafed®, Claritin-D® 24, etc.).
- Keep the site in your mouth clean as instructed by gently rinsing beginning the day after surgery. Do not use excessive force while rinsing. Avoid brushing directly over the area for the first 2 weeks. Leave the site alone — don't touch it with fingers, toothpicks, etc. Do not use a Waterpik® near the site.
- Avoid bending over — try to keep your head above the level of your heart. Sleep with your head slightly raised.
- Do not strain by pushing or lifting heavy objects.
- Chew softer foods on the other side of your mouth.
- Take any antibiotics or other medications as prescribed. Also, 1 or 2 servings of yogurt or an acidophilus probiotic tablet are recommended daily to reduce gastrointestinal complications.

Occasionally experiencing a few drops of bleeding from your nose is not unusual and is no cause for alarm.

Post-Operative Problems or Complications On Next Page

Post-Operative Problems or Complications

As with any procedure, unexpected post-operative conditions can occur. Please let us know if:

- You notice the unexpected flow of air or liquids between your mouth and nose.
- You are aware of several small particles of graft material being discharged from your nose.
- You experience sinus or nasal congestion on the side your surgery was performed.



540.362.5900



www.RoanokeOralSurgery.com



6035 Peters Creek Road
Roanoke, VA 24019