



POST-OP SINUS LIFT | DOB:

SINUS LIFT AND BONE GRAFT SURGERY

Post-Operative Care Instructions

Immediately Following Surgery:

- The gauze pad placed over the surgical area should be kept in place for 30 minutes and changed at regular intervals until the bleeding subsides.
 - Usually, within 45 minutes to an hour, the bleeding will subside to a trickle.
 - After the subsidence of bleeding, you can quit using the gauze.
- Gentle rinsing is encouraged beginning the night of surgery.
 - Use the Peridex (chlorhexidine) that was prescribed, as prescribed.
 - For further oral hygiene instructions, please review the section below entitled "Home Care"
- **Do not under any circumstance blow your nose for the next 4 weeks.** You may sniff all you like, but no blowing.
 - This may be longer if indicated by delayed recovery, swelling, or prolonged bleeding.
- **Try not to sneeze.** If you do have to sneeze, sneeze with your mouth open.
 - This is also in effect for approximately 4 weeks.
 - If you feel congested, take Sudafed or Dimetapp as directed.

Use Caution

- After a bone graft and sinus lift surgery, it is crucial that your surgical site remains clean and unbothered. Therefore, for the first 24 hours:
 - **DO NOT** rinse, spit or suck through a straw (suction will cause the clot to be pulled out.)
 - **DO NOT** drink alcohol or use mouth rinses containing alcohol (these will dissolve the clot.)
 - **DO NOT SMOKE FOR 5 DAYS AFTER SURGERY.** Nicotine will keep tissue growth from occurring and will result in increased discomfort.
 - **AVOID** exercise or heavy lifting for 2-3 weeks, these activities increase nasal and oral pressure, which can cause pressure on your surgical site.
- When you do resume your exercise regimen, start with a light to moderate workout, and gradually increase your regimen over several sessions.
- Stop exercising if you get light-headed.
- Scuba diving and flying in pressurized aircraft may increase sinus pressure and should also be avoided for 2-3 weeks.
- Swelling may occur; ice packs can be used in 15-minute intervals for the first 6 hours to reduce swelling.
- To prevent or slow excessive bleeding, bite with light pressure on the gauze that has been placed over the surgical site. Be sure to wet the gauze and squeeze excess water out before placing it over the surgical site. Dry gauze may adhere to clot or sutures, which can cause damage to the surgical site.
- If you have heavy bleeding, severe pain, or continued swelling 3 to 4 days after surgery, please contact our office for a short appointment to check the surgical site.
- Place a folded towel over your pillow in case of any bleeding while sleeping.
- If sutures (stitches) were placed, they will dissolve on their own after a couple days. If they partially dissolve and are moving around excessively because they are not tied down anymore feel free to gently grab a loose end and remove them.

Diet

- For 2 days after surgery, drink liquids and eat soft foods only. Such as milkshakes, eggnog, yogurt, cooked cereals, cottage cheese, smooth soups, mashed potatoes, refried beans, ice cream, pudding, fruit smoothies, and protein shakes.
- On day 3 after surgery, eat soft foods that do not require much chewing, such as macaroni and cheese, cooked noodles, soft-boiled, scrambled or poached eggs, and soft sandwiches.
- Avoid tough or crunchy foods, such as pizza, rice, popcorn, and hamburger. Avoid spicy and acidic foods.
- Most patients may resume their normal diet 7 days after surgery

Pain Management

- Medicines to control pain and prevent infection will be prescribed for you. It is very important that you take all medicines as recommended by your doctor.
- Start taking your pain medicine before the numbness wears off. Continue to take it as prescribed.
- The dose for pain medicine is usually 400 mg to 800 mg ibuprofen (Advil, Motrin, or generic) every 6 hours. If you have an allergy or sensitivity to ibuprofen or have been told not to use it, you may take up to 1,000 mg acetaminophen (Tylenol or generic) every 6 hours.
- Follow the pain medicine instructions your doctor gave you. If we believe you may have more severe pain, we will prescribe a stronger pain medicine which you will need to buy at a pharmacy.
- Decongestants such as Drixoral, Dimetapp, or Sudafed will help reduce pressure in the sinuses.

Oral Hygiene

- Begin your normal hygiene routine the day after surgery.
- Soreness and swelling may not permit vigorous brushing of all areas, but please make every effort to clean your teeth within the bounds of comfort.
- If you use an electric toothbrush, feel free to use it just as you would a manual toothbrush.
- Brush very gently around the surgical site being careful not to loosen or remove the stitches.
- If you were given an irrigating syringe, start using it the fifth day after surgery to keep sockets clean.
 - Mix one teaspoon of salt dissolved in a tall glass of warm water.
 - Fill the syringe with the warm saltwater and irrigate any open sockets gently, especially after eating.

Discoloration

- In some cases, discoloration of the skin follows swelling.
- The development of black, blue, green, or yellow discoloration is due to blood spreading beneath the tissues.
- In some patients, this is a normal occurrence, which may occur 2-3 days post-operatively.
- Moist heat applied to the area may speed up the removal of the discoloration.
- In younger patients, bruising is rare and sometimes is represented as slight yellow discoloration.
- In older patients, especially the elderly, bruising can be quite significant and is represented as black and blue discoloration.
- This can cover a larger area sometimes even involving the neck and upper part of the chest.
- Bruising of this degree can take approximately two weeks to resolve.

Dentures

- If you are having a denture or partial placed at the time of surgery you should try to leave it in place for at least 24 hours after the surgery.
- The denture or partial denture tends to act as a Band-Aid. After that time, you need to remove it and rinse your mouth gently and clean the denture off with water.
- If the denture is left out for long periods of time it may allow swelling to occur which may prevent the reinsertion of the denture/partial.
- You will need to make an appointment with us to follow up within a few days of surgery to make any needed adjustments to your denture/partial.
- If the denture/partial is covering an implant, be sure NOT to bite down hard for several weeks.

Please call our office (908) 376 9297 if you have any questions or difficulties. If it is after hours, follow the prompts to be connected to our answering service. If you feel that your symptoms warrant a physician, and you are unable to reach Dr. Beth Herko, please go to the closest hospital emergency room immediately.

Patient's signature:

Date:

Doctor's signature:

Date: