

After Sinus Lift Instructions

DO NOT UNDER ANY CIRCUMSTANCES BLOW YOUR NOSE FOR THE NEXT FOUR (4) WEEKS. This may be longer if indicated. You may sniff all you like but **NO BLOWING**.

Do not blow your nose or sneeze holding your nose. Sneeze with your mouth wide open. Do not drink with straws and do not spit. Decongestants such as Drixoral, Dimetapp, or Sudafed will help reduce sinus pressure. You were given a prescription for antibiotics. Please take as directed. Anything that causes pressure in your nasal cavity must be avoided. Avoid “bearing down”—as when lifting heavy objects, blowing up balloons, playing musical instruments that require a blowing action or any other activity that increases nasal or oral pressure.

Antibiotics

Be sure to take the prescribed antibiotics as directed to help prevent infection. This is absolutely required.

Pain

You should begin taking pain medication as soon as you feel the local anesthetic wearing off. For moderate pain, one or two Ibuprofen (Advil/Motrin) may be taken. Ibuprofen may be taken every three to four hours. Tylenol may be taken instead of Ibuprofen. Two to three tablets may be taken every three to four hours as needed for pain. For severe pain, the prescribed medication should be taken as directed.

Oral Hygiene

Do not rinse or spit on the day of your surgery. This tends to disturb the blood clot, open the wound and can prolong bleeding and slow healing.

When brushing your teeth be very gentle. When expectorating also be gentle.

You were prescribed a rinse (Chlorhexidine, Periogard, Peridex). This rinse should be used in the morning and at bedtime after routine mouth care. Do not eat or drink or rinse your mouth after using the medicated rinse for 30 minutes.

Smoking

Do not smoke for at least two weeks after surgery, if at all. As discussed at your consultation, smoking dramatically increases the risk of bone graft and sinus augmentation failure.

Wearing your Prosthesis or Nightguards

Partial dentures, flippers, or full dentures can be used immediately after surgery unless specifically instructed otherwise. Please contact the office if there is any question.