



## Instructions after Sinus Augmentation/Lift and Bone Graft Surgery

1. Take all medications as directed. Drink plenty of fluids and eat soft foods prior to taking any pain medications. This will help prevent nausea, an upset stomach, and expedite the medication's effects. Avoid drinking alcohol, using heavy machinery, and driving while on medication.
2. It is not unusual for swelling to occur after surgery. ICE should be applied as quickly as possible to the treated areas. You have been provided with an ice pack. Apply the ice over the treated areas for 5 minutes then off for 10 minutes, and then repeat this for up to 3-4 hours after surgery. **APPLY THE ICE PACK ONLY THE DAY OF SURGERY.** If swelling and/or bruising occurs after the day of surgery, apply a warm moist compress to the area.
3. A slight (oozing) amount of blood is not unusual for the first 24-48 hours after surgery. Avoid spitting and the use of a straw to drink as the suction action disrupts the natural clotting process. If bleeding is excessive or continuous, do not rinse. Recline at a 45-degree angle and rest for 15 minutes. Often, physical activity can stimulate bleeding. You may apply moist gauze or a tea bag over the area maintaining firm pressure for 20 minutes. You may GENTLY rinse out your mouth with warm saltwater rinses: mix 1 teaspoon of salt into a glass of warm water. Rinse 3-6 times a day for the first 24-48 hours after surgery. Please follow instructions for rinsing with Peridex/Chlorhexadine prescription as well.
4. DO NOT brush the surgery site(s) for 1 week following surgery. You may brush the rest of your teeth.
5. Get plenty of REST. Do not exercise for the first week after surgery as the heart rate will increase and thus bleeding will increase.
6. Adequate nutrition is essential for your comfort and for normal healing. Eating can prevent nausea associated with certain medications. A high protein, soft diet is desirable with plenty of fluids especially water and milk following surgery. Please see the soft foods list. Please avoid hot, spicy, or acidic foods for the first 48 hours after surgery.
7. Please do not smoke for at least 3 days after surgery. Smoking is the number one factor in causing pain and delayed healing.
8. Do not consume alcoholic beverages until the healing process is complete or while you are taking medication.
9. **Avoid blowing your nose, sniffing, sneezing hard for 6 weeks following sinus augmentation/lift surgery.**
10. Do not bite down hard in the area of the bone graft as this may delay healing and affect the "take" of the graft. Avoid chewing coarse or crisp-type foods until after your post-op visit (this should be scheduled for 1 weeks following surgery). It is not unusual for some bone particles (they look like grits) to float away from the surgical site.
11. If your graft was placed using Emdogain do not brush or floss in the surgical area(s) for 8 weeks. We will inform you if your graft was placed using Emdogain.
12. Do not hesitate to call Dr. Conway if you have any questions prior to your post-op appointment. She can be reached at 404-964-5511.