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SINUS LIFT POST OPERATIVE INSTRUCTIONS

1. You will be given a prescription for the relief of pain. *Ibuprofen* (600mg) is recommended every six hours for the first 2 days. In addition, *Vicodin* can be taken if needed (1 tablet every 4-6 hours.) Any antibiotic should be taken as prescribed until all of the prescription is used. If prescribed, use the *Afrin* Nasal Spray as directed (no more than 3 days).

- Do not blow your nose!
- Do not smoke or use smokeless tobacco!
- Do not use a straw to drink liquids!
- Do not pull up your lip to look at stitches!
- If you must sneeze, do so with your mouth open (avoids unnecessary pressure on sinus)
- It is not unusual to feel small granules in your mouth. If you feel them in your nose, call me!

2. After certain procedures, you may be given an ice pack. Apply the pack to your face over the area operated on, using it for 10 minutes and then leave it off for 15 minutes. This should be continued for the first 24 hours. It may help to reduce swelling or pain, although slight swelling, discomfort and discoloration are normal.

3. You can chew efficiently, but only on the opposite side of your mouth. You should avoid hard foods that require heavy pressure for chewing. To avoid an upset stomach, you should keep some food in your stomach at all times, such as one of those suggested below.

4. There may be blood stains in the saliva for a few hours after the operation; this is normal. If there is considerable bleeding, call the office. Do not try and stop the bleeding by rinsing. When you recline during the first 24 hours, keep your head elevated to reduce possible bleeding.

6. Do not rinse your mouth today. Beginning tomorrow, gently rinse twice daily with Peridex/Perioguard. Swish gently for 30 seconds with 0.5 oz., as marked on cap, in the morning and before bed 1/2 hour after brushing. This will aid in reducing plaque formation.

7. Do not use your toothbrush on the area that was operated on, but do try to keep food from accumulating in other areas by gentle use of the toothbrush.

8. Since you have had a surgical procedure, you should go home and limit your activities for the remainder of the day. You may feel a little weaker the next few days, so strenuous work or play should be avoided for 48 hours.

9. Foods that supply nourishment with little or no chewing:

Milk	Bread	Cereals	Eggs	Broth	Juices
Soups	Banana	Custard/puddings	Mashed potatoes	Jello	
Baby Foods	Ground meat	Ice Cream/Shakes	Soft cheese	Ensure/Boost	

Call the office if you experience post operative complications.