



Sinus Elevation Post-Op Instructions

Rest

You should take some time to rest after the surgery in order to promote healing. In the day following the procedure, limit your physical activity and rest with your head elevated above your heart. When you get up from a reclining position, do so slowly in order to prevent dizziness. Also, avoid sneezing and blowing your nose for 10 days after the surgery.

Ice

Using an ice pack in the first 24-48 hours following the surgery can help to reduce discomfort and swelling. We suggest that you apply the ice pack to your face 10 minutes on and then 10 minutes off. You may want to try using moist heat on the third day following the procedure.

Medication

Pain medication should be taken before the local anesthetic wears off; you may even want to take some immediately following the surgery. If pain medication wears off before it is time to take more, then you can alternate it with Ibuprofen every two hours. Remember that adults should not take more than 800 mg of Ibuprofen three times a day. Because some pain medications cause lightheadedness, we suggest that you lie down after taking it. We also suggest taking medication with food since it can cause an upset stomach. If an antibiotic was prescribed, then take it as directed until it is ALL GONE, even if you show no signs of infection.

Mouthcare

The surgical site will develop a blood clot that aids healing, so you should not disturb it by rinsing, spitting, or drinking with a straw in the 24 hours following the surgery. Do not rinse your mouth with salt water or mouthwash in the day following the surgery; instead, you should use the Peridex rinse as prescribed.

In the day following surgery, you can begin brushing the NON-SURGICAL areas of your mouth. You can begin to GENTLY rinse your mouth with a weak salt water rinse to loosen food debris. Do not brush the surgical area until you are told to do so after your first follow-up appointment. Leave dentures or partials out of your mouth for a week after the procedure.



Eating

You should eat softer foods after the surgery such as pasta, eggs, yogurt, and mashed potatoes. Avoid foods that are hot, cold, acidic, chewy, or sharp, because these can irritate the surgical site. Also try to maintain a balanced diet in order to promote healing.

Fluids

We recommend drinking a lot of fluids after the surgery, drinking 6-8 glasses of water in the day immediately following the procedure. Do not use a straw because it can create suction that may dislodge the blood clot, which can result in excess bleeding.

Bleeding

You will experience some oozing and bleeding after a procedure, but it should not be excessive. If heavier bleeding does occur, then apply pressure to the area with a gauze pad or moistened tea bag for 20 minutes. If the bleeding persists, call our office at 617-934-4952.

Do not be alarmed if you experience some bleeding from the nose, this is normal.

Alcohol

DO NOT CONSUME ALCOHOLIC BEVERAGES WHILE TAKING PAIN MEDICATION.

Swelling

Swelling is normal after a surgical procedure, but if it does not reduce after a couple of days, seems excessive, or is accompanied by fever, then call our office at 617-934-4952.

Smoking

We ask that you DO NOT SMOKE after the surgery. Smoking can slow healing, cause discomfort, and may increase bleeding and your risk for infection.