



General | Periodontics | Implant | Prosthodontics

## Post-Operative Instructions for SINUS AUGMENTATION

With proper attention to post-operative care, most dental surgeries would heal quickly and without complication;

- **Control of Bleeding:** A slight amount of blood mixed with your saliva is normal following any dental surgery and it may persist until the next day. Avoid rinsing or spitting during the first night. Immediately after the surgery, bite down on a cold moist gauze (or a moist tea bag) with a mild pressure over the surgical site. Please continue for the next 2 – 3 hours. **Try to keep your head elevated while sleeping for the first couple of nights.** Later, if bleeding starts again, please elevate your head and re-apply the cold moist gauze or tea bag with pressure over the surgical site for at least 20 minutes, and repeat if necessary. Should it persist severely after that, it should receive attention and this office must be contacted immediately. **Avoid physical activities during the first 2 - 3 days**, as this can elevate your blood pressure and reinitiate bleeding. **Please avoid sneezing or blowing your nose for 4 weeks after the surgery.** If you have to sneeze, open your mouth to sneeze. Bleeding from nose may also occur in the first couple of days and it can be controlled by keeping your head elevated and pressing wet tissue inside your nose for at least 20 minutes. You can also use over-the-counter decongestants (such as Afrin Nasal Spray) for 1 - 2 days, if needed and follow the instructions.

- **Mouthcare:** You can start rinsing gently one day after the surgery. You may gently rinse your mouth with a solution of one teaspoon of salt dissolved in a 6oz. glass of warm (not hot) water. **Avoid spitting as much as possible.** Start using recommended mouthrinses very gently the day after surgery, unless otherwise instructed by your periodontist. **Please do not disturb the grafted site by pulling your lip to look in your mouth.** You may start brushing, flossing and using other dental aids on other non-surgical areas one day after the surgery. Do not brush, floss, or use other dental aids over the surgical site for 2 weeks. **Please avoid vigorous rinsing.**

- **Discomfort and Swelling:** Following surgery, it is normal to experience some discomfort. You may be directed to apply ice packs to your face over the operated area for at least 3 – 4 hours following the surgery (with 15-min intervals). It may reduce the possibility of swelling and bruising in the following days. The swelling can be significant in the areas of surgery and is expected. Maximum swelling may occur within 48 hours following surgery and may last

for 5 – 7 days. At this time, you may use warm moist towel on your face. Pain may be more severe on the second or third day with swelling.

- **Medication:** Appropriate pain medication and antibiotics have been prescribed by your periodontist if necessary. Please use the prescribed medication as directed. **If you are prescribed antibiotics or narcotics, do not combine it with alcohol.** Do not drive or operate machinery while taking narcotic pain medications. **Please take all prescribed antibiotics as instructed,** unless adverse effects develop. Should skin rash, stomach problems, difficulty breathing, or other side effects occur, please stop taking your medication and contact the office immediately.

- **Numbness:** There may be numbness of your lip, cheek or tongue after the dental surgery. It will recover gradually. Please avoid biting on them. The doses and intervals of the prescribed pain medications are critical during the first couple of days. **It is important to start taking your pain medication before the numbness wears off.**

- **Diet: Adequate food and fluid intake is important during the healing phase.** You may start with cold drinks (cold water, iced tea, fruit juices without using straws) and soft diet for the first 2 – 3 days. A high-protein soft diet is desirable (e.g. yogurt, ice cream, cold soup, ground meat) during the healing phase. **Avoid hot and spicy foods during the healing phase.** Biting and chewing on the surgical side should be avoided as much as possible for 5 – 6 weeks. Advance the consistency of your diet gradually when you can chew comfortably.

- **Smoking:** Do not smoke. Refrain from smoking until the area is healed, and strongly consider quitting altogether.

- **Sutures:** Sutures will be removed by your periodontist in your post-op visit in 10 – 20 days. Do not touch the surgical site or any loose sutures during the healing phase. If any temporary has been fabricated by your dentist, it may need a couple of adjustment appointments during the healing phase. **There should not be any excessive pressure over the surgical site for 5 – 6 weeks. Please avoid flying or any other changes in air pressure during the first couple of weeks.**

Prolonged or excessive discomfort, swelling, bleeding or fever may seldom arise; Please contact the office immediately, so that further instructions for your care may be given.

## Origins Specialty Dentistry

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