

POST SURGICAL INSTRUCTIONS FOR SINUS LIFTS

Avoid doing the following:

1. Chewing on the side of the mouth that has undergone treatment.
2. Brushing the treated area.
3. Applying tongue or cheek pressure to the surgically treated area.
4. Eating spicy foods or acidic citrus drinks.
5. Drinking excessively hot liquids the first day after surgery.
6. Drinking alcoholic beverages, especially if taking antibiotics.
7. Spitting to clear the mouth, drinking with a straw or smoking—do not do anything that creates a pressure in the mouth as this will cause bleeding to occur.

After Sinus Graft Surgery:

- It is not uncommon to have some slight bleeding from the nose/nostril on the same side that was treated.
- Avoid blowing the nose too aggressively for the first 2 weeks after surgery.
- Sneeze with your mouth open during the first 2 weeks after surgery.
- If you suffer from common nasal congestion, you can use an over-the-counter nasal spray/decongestant as long as it is not contraindicated due to other health reasons (e.g. high blood pressure, etc.)

It is not uncommon to observe some of the following after having had surgery:

- Slight bleeding
- Moderate swelling
- Moderate discomfort
- Black, tan or purple threads may be visible.
- Tooth tenderness, sensitivity to cold/hot or slight tooth mobility/looseness
- If used, the pack (or a piece of it) may fall off or come loose

What you should do following surgery:

1. Take prescribed medications as directed. (If a rinse is prescribed, begin using it on the day after the surgery was performed.)
2. If bleeding occurs, determine the exact site of origin and then place pressure on that area with damp gauze or a tea bag for 15-20 minutes. Oozing of blood will be greatly exaggerated when mixed with saliva.
3. Minimize swelling by placing an ice pack on the outside of the face for 10-15 minutes then removing it for 10-15 minutes. This should be repeated for several hours beginning immediately after the surgery.
4. Continue home care procedures for the rest of the mouth (e.g. brushing, flossing, etc).
5. Call the office if any of the following occurs:
 - Excessive bleeding
 - Pain is not controlled by the prescribed medications
 - Fever occurs

CALL THE OFFICE IF YOU HAVE ANY QUESTIONS OR CONCERNS!

In the unlikely event of an emergency after normal hours of practice call the emergency number 516-455-1351 or Dr Hasday's cell 516-526-9857 Dr. Kaur's cell 914-980-2682