



David K. Hunter, DDS
Dean B. Spingola, DMD, MD
Craig E. Buchmann, DDS
Brandon R. Brown, DDS

Diplomates, American
Academy of Oral and
Maxillofacial Surgery

Grapevine

Baylor Regional Medical Center
1612 Lancaster Drive
Grapevine, TX 76051
(817) 329-4979

Irving

Baylor Health Center at Irving-
Coppell
440 W Interstate Hwy 635,
Suite 445
Irving, TX 75063
(972) 401-8301

Keller

Centerview Office Park
1139 Keller Parkway
Keller, TX 76248
(817) 379-1654

www.ntfos.com

Sedation
Exposures
Extractions
Wisdom teeth
Dental implants
Dentoalveolar surgery
Corrective jaw procedures
Reconstruction
Pathology
Trauma

Sinus Lift Post-op Instructions

You have just had a bone graft to lift the floor of the sinus. This was done in preparation for a dental implant which will be done usually in a few months. It is important to follow these instructions to protect the bone graft during healing.

- Do not blow your nose for 2 weeks, any congestion you have can be managed with medications.
- Sneeze with your mouth open.
- It is normal to develop swelling over the surgical site which will peak over 2-3 days and then resolve over the next 7-10 days.
- Ice applied over the surgical site for the 24-48 hours will minimize swelling; you may apply the ice to your face for 20 min then give a 20 min rest period.
- Head elevation is also helpful to minimize and reduce swelling, if you can sleep with the head elevated for the first 2-3 nights this will dramatically reduce the amount of swelling.
- Bleeding varies with the procedure but should not be heavy or prolonged. Call if you have bleeding concerns.
- Put light pressure with the gauze over the surgical site for two hours, after that replace and repeat if necessary. Leave out the gauze once the bleeding has tapered off.
- Diet should start with soft, cold foods. Avoid chewing directly over the implant site and avoid sticky foods. You may resume a normal diet when you feel comfortable.
- The duration of local anesthesia varies from 2-8 hours. Be careful not to bite your lips, cheek or tongue. Move your jaw cautiously until feeling has returned.
- Avoid rinsing your mouth or spitting today. Beginning tomorrow you may rinse with warm salt water (1/2 teaspoon salt to 1 cup warm water) every 2 to 3 hours for the first couple of days, then rinse after meals and at bedtime for the next two weeks.
- Sometimes we will prescribe a mouth rinse called Peridex® (Chlorhexidine), if you have been given this then you should rinse twice daily for the next 2 weeks.
- Take medications as prescribed. If you have any untoward effects, call the office for assistance.
- Do not pull or pick on the sutures. Most of the time we will use dissolvable sutures this typically take 5-7 days. You will have been instructed to return for a suture removal appointment if your sutures are not dissolvable.
- Do not brush or floss in the area of surgery for the first 24 hours.