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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.