

## Post-Operative Care — After Sinus Lift

The purpose of this procedure is to regain bone height in your first and second molars. This procedure will help prepare the implant in that area that could not have a successful implant otherwise because there is insufficient bone due to a sinus that is enlarged.

The bone graft is normally a combination of your own bone, and freeze-dried bone. You will likely have two surgical wounds following this procedure: the recipient site and the donor site. You should adhere to the following to ensure you heal properly:

**Activities:** Do not blow your nose for the next 4 weeks. Be sure to sneeze while your mouth is open. Do not spit or drink with straws. You should avoid flying in a pressurized aircraft or scuba diving because it may increase sinus pressure. You can take a decongestant to help reduce the pressure in your sinuses.

You should also avoid playing musical instruments that require you to blow, blowing up balloons, or any other activity that increases oral or nasal pressure.

**Antibiotics:** All prescribed antibiotics are to be taken as directed in order to prevent infection.



**Oral Hygiene:** During the first 24-hour period, do not spit or rinse. This can disturb the blood clot, and may open the wound, which can prolong bleeding and hinder healing. After the first 24-hour period, you can rinse with 1/2 teaspoon of salt in a cup of warm water at least four to five times a day, especially before bed and after meals.

Do not use commercial mouth rinses. Do not brush your teeth near the surgical site for 48 hours. Be sure to be very gentle when brushing. Also, be gentle when coughing up phlegm.

**Smoking:** Smoking significantly increases the probability of implant failure. You should avoid smoking for at least two weeks following surgery.

**Prosthesis or Night Guards:** Until your post-operative appointment, you should not use flippers, partial dentures, or full dentures.



**Post-Operative Complications:** Please let us know if you experience any of the following:

- If you experience an unusual flow of liquids or air between your nose and mouth.
- If small graft particles begin discharging from your nose.
- If there is an increase of nasal or sinus congestion near the surgical site.
- If you notice an increase in swelling (after three days) on your cheek, your mouth, or under your eye.

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