

Postoperative Instructions: Sinus Lift

Pain

- If you are medically able, take ibuprofen (Advil®, Motrin®) and acetaminophen (Tylenol®). Start with 600mg ibuprofen and alternate with 500mg acetaminophen every three hours so that each medication is taken on its own 6-hour schedule.
- If you are given stronger pain medication, please take it as directed in addition to the ibuprofen and acetaminophen.
- Writing down the medication taken, dose, and time assists in limiting confusion.
- Start taking the first ibuprofen dose as soon as possible after the procedure.

Stitches

- Stitches will dissolve on their own unless otherwise stated.

Sinus Precautions

- No nose blowing for 2 weeks following the procedure. Blowing your nose can compromise the outcome of the procedure.
- If you must sneeze, do so with your mouth open. This will equalize the pressure between the mouth and the nose and reduce unintended airflow through the surgical site.

Bleeding

- Do not swish, spit, or use straws for 24 hours following your procedure.
- Bite down with firm pressure on the gauze that is placed over the surgical site. Change every 45 minutes as needed.
- As the gauze turns pink, it can be removed. Call our office if bleeding does not stop/is filling your mouth rapidly with blood after several gauze changes.
- Remove gauze when eating/drinking and replace as needed if bleeding still occurs at the surgical site.
- Do not sleep with gauze in your mouth.

Swelling and Bruising

- Swelling can be expected to increase during the first 48 hours after the procedure and peaks in 48–72 hours with a gradual reduction over a week.
- Apply ice to the surgical site for the first 48 hours if needed, 20 minutes on and 20 minutes off. Be sure to place a towel or barrier between the skin and the ice pack so the skin is not burned.
- Elevating the head with pillows when sleeping is helpful during the first 2–3 days.
- Bruising can occur on the outer face and persist for a few days after the procedure. Over time, the bruising may migrate down the face toward the neck.

Antibiotics

- Take antibiotic as prescribed until completed.

Oral Hygiene

- Resume normal brushing and oral hygiene the day after surgery. Keep the bristles on the teeth and be gentle around the surgical site.
- Begin gentle rinsing 24 hours after the procedure after meals with regular tap water or salt water. If you were given a medicated mouth rinse, use this morning and evening for one week starting 24 hours after the procedure.
- Avoid smoking as it limits and delays healing.

Diet

- Start with a soft, non-chew diet and gradually advance as you feel comfortable. Avoid hard and crunchy foods.