

Post-Operative Instructions: Sinus Lift

Specific Sinus Precautions

1. Do not blow your nose.
2. If you must sneeze, do so with your mouth open to avoid any unnecessary pressure on the sinus area.
3. Do not take in liquids through a straw.
4. Do not lift or pull on the lip to look at stitches.
5. You may be aware of small granules in your mouth for the next few days. This is not unusual.
6. You may have some bleeding from your nose; this is not uncommon and should pass quickly.

Notify the Office If

- You feel granules in your nose.
- Your medications do not relieve your discomfort.

Medications

Antibiotics

Take your antibiotics as directed until finished.

Decongestants

1. Start oral decongestant (SUDAFED®) on the day of surgery and continue for 2 additional days. Take as directed.
2. Start nasal spray decongestant (Afrin®) on the day of surgery and continue for 2 additional days. Expect “rebound” nasal stuffiness after the 3-day regimen is complete. You may use saline nasal spray (Ocean® Nasal Spray) to help relieve your symptoms.

Oral Steroids

If you have been prescribed an oral steroid, it is for anti-inflammatory purposes. Take as directed.

Pain Relievers

Take as directed. Please contact the doctor’s office if your medication(s) does not relieve your discomfort.