

Pre-Operative Instructions: Sinus Lift

Antibiotics

Maximum effectiveness of prophylactic antibiotics occurs when the antibiotic is in the bloodstream prior to surgery. Therefore, an antibiotic will be prescribed for you to take prior to the procedure. Take the prescribed antibiotic **2 hours** prior to your procedure with the smallest amount of **water** as possible.

Decongestants

Start oral decongestant (SUDAFED®) 2 hours prior to your procedure and continue for 2 additional days. Take as directed.

If you have heart disease or high blood pressure, please consult your family doctor prior to using these medications.

Start nasal spray decongestant (Afrin®) 2 hours prior to your procedure 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.