

SINUS BONE GRAFT POST-OPERATIVE INSTRUCTIONS

Precautions

It is very important not to disturb the graft. Please follow the precautions listed below:

- Do not blow your nose for 2 weeks.
- Do not vigorously rinse or spit for 7 days.
- Do not use a straw for 2 weeks.
- Do not apply FIRM pressure to the grafted area.
- Do not smoke. Smoking inhibits healing and will lead to failure of the graft.

If you must sneeze, do so with your mouth open to avoid any unnecessary pressure in the sinus area.

You may have some bleeding from the nose. This is not uncommon and should stop within a day or two. Please call the office if this occurs.

If you feel congested, over-the-counter antihistamines or decongestants, such as Claritin D (12 or 24 hours), may be taken. It is also suggested that you avoid nasal sprays unless they are saline. If you are unsure about taking this medication, please speak to our team of Surgeons or your physician.

Swelling

To minimize swelling, apply ice 20 minutes on, 20 minutes off, throughout the first day. It is not uncommon to experience some swelling from these procedures. Swelling usually peaks between days two and three. After 48 hours, you may switch from ice to moist heat.

Sutures

Sutures were placed to control bleeding and to aid in the healing process. Do not lift or pull up your lip to look at the stitches. The sutures will usually dissolve in 5-10 days.

Medications

Unfortunately, most oral surgery is accompanied by some degree of discomfort.

- **Pain Medication:** Take the first pill before the anesthetic has worn off. This will enable you to manage your discomfort more effectively. If you do not achieve adequate pain relief, you may supplement each pill with Advil/Motrin (ibuprofen). The effects of medications vary widely among individuals. Please call the office if the pain is not controlled.

Please do not drink alcoholic beverages, drive a car, or operate machinery while taking prescribed pain medication.

- **Antibiotics:** Take antibiotics on the specified dosing schedule. Yogurt with active cultures and/or acidophilus may be taken while on antibiotics to help minimize gastrointestinal side effects. If you develop severe cramping and/or diarrhea, please notify the office.

If you are on birth control pills, please be advised that antibiotics and other medications may neutralize the preventive effect of birth control pills, allowing for conception and pregnancy. Please consult your physician to initiate additional forms of birth control during the period of treatment.

- **Anti-swelling Medication:** If our team prescribed medication to help control swelling, please take the medication on the specified dosing schedule.

SINUS BONE GRAFT POST-OPERATIVE INSTRUCTIONS (CONT.)

Diet

Food selection is largely a matter of your choice. It is recommended that you confine the first day/week's intake to soft foods (creamed soups, puddings, yogurt, milkshakes (no straw), macaroni and cheese, pasta, ice cream, etc.). Over the next several days, you can progress to solid foods at your own pace. Eating a nutritious diet throughout your healing process will help you feel better.

If you are diabetic, maintain your normal eating habits as much as possible and follow instructions from us or your physician regarding your insulin schedule. You may need to test your blood sugar more frequently during the first 48 hours post-operatively.

Brushing

Begin your normal oral hygiene routine as soon as possible after surgery. Brush the teeth and the device. It is very important to keep the mouth clean.

Mouth Rinses

Do not rinse the day of surgery. Beginning the next day, mix ¼ teaspoon of salt in an 8-ounce glass of warm water and gently rinse two or three times daily for the next week (in addition to your prescription mouth rinse, if prescribed).

Our team of surgeons and their staff wish you a smooth and pleasant recovery. Following these instructions will assist in your post-operative healing. If you have any questions, please call the office during office hours for a faster response. A 24-hour answering service is available for after-hours contact with the doctor.