

**ORAL SURGERY: SINUS LIFTS**  
*Post-Care Instructions*

You've just had oral surgery (including one or more sinus lifts) and your mouth needs time to heal.

1. No blowing your nose for 4 weeks.
2. No straws for 4 weeks.
3. Try not to block your sneezes for 4 weeks.
4. Finish the decongestant to help keep the sinus clear.
5. Please take your prescribed antibiotic until it is completely finished.
6. It is normal to have clear and/or blood discharge from either nostril.
7. Mild discomfort is readily controlled with Ibuprofen or Tylenol. Ibuprofen is also important for reducing swelling, so please take it, if there is no allergy and you are not on a blood thinner, for the first 3 days even if there is no discomfort.
  1. 3 tabs of Advil 3 times per day
  2. If needed, taking 2 tabs of 500mg Tylenol 3 times per day with the Advil increases pain control
8. In some cases, you may experience edema or swelling. Swelling is often delayed until 24 to 48 hours after surgery. With the presentation of swelling, you can have increased pain. You can expect that 48 hours after the surgery your swelling will peak and then begin to dissipate. Any swelling may be kept to a minimum by holding an ice-pack on the outside of your face, adjacent to the treatment area, for the first 2-3 days after your surgical visit – 20 minutes on, 20 minutes off.
9. Nourishment is important for the healing process. Eat foods that are easy to chew, and supplements such as pasta, fish, and protein shakes may be used as needed. Avoid hard and crunchy foods such as chips, fried chicken, etc.
10. Do not rinse heavily, swish, or drink from a straw for 2 weeks after surgery.
11. You may chew slowly on the opposite side of your mouth from your surgical site, but you should avoid hard foods that require heavy pressure for chewing.
12. You should avoid alcoholic beverages if you are taking sedative or narcotic medications.
13. Avoid excessive exertion of any type including cardiovascular exercise for 24-48 hours after the surgery.
14. Occasional bloodstains in the saliva may be expected. Your saliva may look light pink in color -- this is normal for the first 24 hours after the surgery. If some bleeding continues take a piece of gauze or a dry tea bag (damp with cold water) and cover the area and apply pressure for approximately 10 minutes. If bleeding does not stop, please contact the office.
15. Do not use a toothbrush on the surgical site. Brush and floss the other areas of your mouth very gently.
16. Rinse twice a day with Crest ProHealth oral rinse.
17. If you are currently taking oral contraceptive medication please beware that any antibiotics taken can interfere with the birth control for one full cycle.

Please call our office if you have any questions or difficulties. If it is after hours, our voice mail has our emergency phone number. If you feel that your symptoms warrant a physician, and you are unable to reach the doctor, please go to the closest hospital emergency room immediately.