

## Post-Op Instructions for Sinus Lift

### Bleeding

Some bleeding or redness in the saliva is normal for 24 hours. If there is excessive bleeding it can be controlled through biting on a damp gauze pad placed directly on the wound for 30 minutes. Replace gauze after 30 minutes. If you are worried please call the dental office. Avoid lifting the lip to look at the area as this may tear the sutures and lead to bleeding.

### Activity

- NO FLYING FOR 4 WEEKS POST-SURGERY.
- NO SWIMMING OR PLAYING MUSICAL INSTRUMENTS.
- IF YOU NEED TO SNEEZE, LET IT HAPPEN. DO NOT STOP IT.
- AVOID BLOWING YOUR NOSE.
- Keep physical activities to a minimum, as this will increase the chance of post-operative bleeding.

### Swelling

Swelling is a normal occurrence after surgery. To minimize this, please apply an ice pack for 20 minutes and remove for 20 minutes on the cheek in the area of the surgery. Continue this for the first day.

### Pain

Please take 1gr (2 x 500mg tablets) of Paracetamol in the next two hours, before the local anesthetic has worn off. Then 2-3 hours later please take 3-4 tabs (1600-800mg) of Ibuprofen. Please alternate these medications for the next 2-3 days as required. If this does not control the pain please contact the dental office. All pain medication especially ibuprofen should be taken with food. Nausea may result from the pain medication. If this occurs reduce the dosage and take with food and water.

### Antibiotics

Please take the antibiotic as prescribed to prevent infection. This is very important to prevent any sinusitis. Some antibiotics can reduce the effectiveness of the Birth control pill.

### Oral Hygiene

Good oral hygiene is essential to good healing. The day of surgery, Corsodyl/kin mouth rinse should be used 3 times daily, after breakfast, lunch and before bed. It is very important to leave the m/w pool in the area of the surgical site for over 30 seconds. The longer it is present in the mouth the better. Do not rinse/gargle too vigorously or use a Waterpik. Brush the area around the wound but do not brush the surgical area. After a

few days cotton wool buds soaked in Corsodyl/kin m/w can be used to clean the surgical area. I will let you know when it's ok to brush this area again.

## Diet

Maintain a Soft diet in the surgical area and drink plenty of fluids. Avoid hot liquids or food.

## Smoking

Smoking greatly affects the healing. The success of the surgery will be affected by smoking.

Please call the dental surgery on 069 62703, if you have:

- Uncontrollable pain
- Excessive bleeding
- Marked fever
- Excessive warm swelling occurring a few days after the procedure
- Reactions to medications, especially Rash, itching or breathing problems.