NOVA PERIO SPECIALISTS
Periodontics & Dental Implants

POST-OPERATIVE INSTRUCTIONS FOLLOWING SINUS AUGMENTATION PROCEDURE

The key to a successful sinus grafting procedure is your comfort and the care taken of the area during the next few days. This means that you must keep the area stable and take the prescribed medications as directed to prevent infection. Here are some tips that should help you out:

1. DO NOT blow your nose

2. Try not to sneeze as this will increase the pressure in your sinus and risk the displacement of the graft. Attempt to open your mouth wide during a sneeze.

3. Coughing may place additional pressure on the sinus membrane and introduce bacteria into the graft. Therefore coughing, if it occurs, should be done with the mouth open to relieve pressure within the sinus.

4. Apply ice pack or in a cloth to your face 10 minutes on, 20 minutes off for 24 hours to reduce pain and swelling.

5. Eat very soft foods as tolerated. They should be of a high protein nature, please follow the diet we have recommended to you (See other hand-out).

6. For the first 24 postoperative hours drink plenty of fluids: juice, soda, water, milk.

7. Expect a good amount of swelling and some discoloration. These findings are common and do not indicate infection or other problems. Sleep with your head well-elevated; even so, you will find swelling will be most marked on arising the next morning.

8. Don't exert yourself for the next couple of days. The surgical site needs to be stable for optimum results. Avoid bending over and other postural movements. Sleep with your head elevated.

9. Follow the instruction(s) given by your doctor and take your prescribe medication as directed on your prescriptions:
   - ANTIBIOTICS
   - DECONGESTANT
   - PAIN MEDICATION
   - STERIODS, which may or may not be prescribed

10. Do not hesitate to telephone us if any question or problem regarding your condition arises. In an emergency (bleeding, extreme swelling or pain and infection), you should immediately contact us.

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