



Fairfax Oral and
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DISCHARGE INSTRUCTIONS FOR SINUS LIFT PROCEDURES

The *sinus lift* procedure entails lifting the lining of the sinus cavity and placing artificial bone to increase vertical height for placement of implants.

What to expect after surgery:

- *Swelling (peaks 24-48 hours after surgery)*
- *Bleeding*
- *Numbness due to anesthesia for up to six hours*
- *Discomfort for several days*
- *Facial and sinus pressure*
- *You may notice white particles within the mouth several days after surgery*
- *If suture was placed, it will dissolve*

Please follow these instructions:

- *Drink plenty of liquids*
- *Bleeding lasts several hours after surgery – place gauze in area for 20-30 minutes. Repeat as needed.*
- *Avoid salty, spicy, crunchy, and citric foods.*
- *Avoid mouthwashes – rinse with saltwater three times per day for one week.*
- *Avoid hot foods or liquids while still numb*
- *Soft diet for the first 24 hours*
- *To reduce swelling, elevate head and apply ice to the face, use moist heat to reduce swelling after the first 24 hours*

Sinus Precautions

- *Do not blow your nose – use nasal saline spray as needed.*
- *Sneeze with your mouth open, do not hold your sneeze in.*
- *Do not lift heavy objects or bend over.*
- *Use sinus decongestants as directed by your physician.*

Continue following these instructions until directed otherwise.

Antibiotics and Pain Medications

Have any prescriptions filled promptly and take as directed. Non-narcotic medications (*Motrin, Advil, Ibuprofen, Tylenol*) should be taken as soon as possible and repeated as prescribed for the first several days. Narcotic pain medication can be taken in addition if pain relief is not adequate. However, when narcotic pain medications (*Percocet, Vicodin, Tylenol with Codeine*) are taken, you should not operate automobiles or other power equipment. Antibiotics, when prescribed, should be taken as indicated until gone. If a rash or swelling develops, discontinue the antibiotic immediately and call the office to inform your doctor.

Oral Hygiene and Smoking

It is important to maintain oral hygiene so that the wound will heal properly and not become infected. Smokers are advised not to smoke for five to seven days after surgery. Drawing on a cigarette may disturb the blood clot and thus interfere with the healing process.

Physical Activities

Please reduce activities for 3 days following surgery.

Call your Doctor if:

- *You have signs of infection, sudden swelling, or fever*
- *You have a reaction to any of the medications*
- *You experience prolonged bleeding*
- *Pain increases and/or your condition worsens*
- *You have any questions regarding the surgery or post-surgery instructions. If calling after business hours, you will be directed to a paging system or call 301-206-5733 and a doctor will promptly return your call*