



Tri-Cities
DENTAL SPECIALISTS

POST OPERATIVE CARE FOLLOWING A SINUS LIFT PROCEDURE

Nose bleeds may occur after your surgery. These will stop in a few days. Try not to put a lot of pressure or pinch your nose to stop the nose from bleeding.

Please do NOT blow your nose. You can use a tissue to wipe your nose.

Please try NOT to sneeze through your nose, sneeze through your mouth. The excessive force of sneezing through your nose will disrupt....

DO NOT UNDER ANY CIRCUMSTANCES, BLOW YOUR NOSE FOR THE NEXT FOUR (4) WEEKS. This may be longer in indicated. You may sniff all you like but NO BLOWING.

Apply ice immediately in the areas where the surgery was done. Since your graft was in the upper jaw, you can expect swelling and discomfort up into the nose and even under the eyes and cheeks. Bruising and discoloration is normal. Crushed ice or the equivalent should be placed in a plastic bag and then in a washcloth and placed on the face. Apply for about 30 minutes, then off for about 20-30 minutes. This should be done on or near continuous basis (or as much as possible) for the first 48 hours and longer if possible or if this helps reduce your pain.

If you get sick (Cold or Flu) within the four weeks of healing, you can take a decongestant like Sudafed.

REST: Lying quietly with your head elevated is recommended for the remainder of the day. Please limit physical activity. Always get up slowly from a reclining position. Treat yourself as if you have a cold for flu. We want your resistance to be as high as possible to encourage rapid healing.

MEDICATION: As soon as you arrive at home, take one of the tablets or capsules prescribed for discomfort. Continue to take the medication as prescribed. ***Do not take aspirin or any other drug containing aspirin. (such as Anacin, Empirin, Bufferin or APC)*** for pain control.

BLEEDING: Some slight seepage of blood is expected. Extensive bleeding should not occur. In an emergency, apply pressure with a moistened tea bag for 20 minutes to the bleeding part.

SWELLING: Some swelling often occurs and this is normal. If excessive swelling or pain occurs, please call us.

RINSE: *Do not* rinse your mouth vigorously for the rest of the day. Fluids should be swallowed as directly as possible. It is recommended that you drink eight ten-ounce glasses of water, juice or milkshakes. After the second day you can gently rinse.

EATING: Avoid hot foods or fluids. Avoid foods that are spicy, sharp or hard. This can cause bleeding to begin and can loosen the dressing if one has been placed. Also, do not use head on your face the day of surgery.

ALCOHOL: Avoid the use of any alcoholic beverages as alcohol can mix with the medications you are taking and cause a severe over-reaction. Alcohol can also act as an irritant and delay healing.

SMOKING: We suggest you avoid or minimize smoking as it tends to dry out the oral tissues. Thus acting as an irritant, it delays healing and may encourage bleeding.

MOUTH CARE: *Do not brush or floss your teeth adjacent to the surgical areas today.* Use Vaseline at the corners of your mouth to prevent cracking and drying

WEEK FOLLOWING THE SURGERY

SLEEPING: Occasionally bleeding occurs at night when the tongue breaks the scab on the palate. Follow directions under “Bleeding”.

PALATAL STENT: The donor site on the roof of the mouth is generally dressed with a special tissue adhesive which forms a rough “scab” for 4-5 days. The area is usually covered with a periodontal dressing, which will fall off in 24-48 hours and at that time the area may be tender and feel rough to the tongue. If you have an acrylic appliance, leave it in for the first 24 hours after which it is most often used during eating and sleeping but can be worn all day. If worn all day it should be removed and cleaned at least twice a day.

RECIPIENT SITE: The graft will appear white in color the second or third day and will remain that way for several days. It may have a flap or pouch like appearance which is quite normal.

MOUTH CARE: Gently brush and floss all areas of where surgery has not been performed. Do not touch the surgical site for the first week: you can dislodge the healing tissue.

EATING: It is important that you obtain an adequate diet that is rich in protein. If chewing is difficult, try to eat a smaller amount of food, but more frequently than normal mealtime. Chew on the opposite side of your mouth. Avoid vigorous chewing of hard or tough foods, as well as heavily spiced or acidic foods. Foods of extreme hot or cold temperatures may be uncomfortable. At this time experiment to see if you can manage such things as eggs, cheese, ground beef, chicken, fish, cooked cereals and soups. Foods that add fiber to your diet, as well as lots of liquids will help prevent constipation, which is often a side effect of prolonged use of



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strong pain medication. Food supplements such as Carnation instant breakfast and Ensure are highly recommended (if you have difficulty obtaining an adequate balanced diet.)

If you have any questions or concerns, please call

604-939-8467

If you are experiencing an emergency after office hours you can call your Dental Specialist on their emergency line listed below.

Emergency Number: Dr. Narani 604.728.4937