

Sinus Lift Post-Operative Instructions

[Your Practice Name]
[Contact Information]

Thank you for trusting our practice with your sinus lift procedure. Proper post-operative care is essential to ensure effective healing and optimal outcomes. Please carefully follow these instructions and contact us if you have any questions or concerns.

Immediate Post-Operative Care

- Bite gently on gauze provided to control bleeding. Replace as necessary.
- Keep your head elevated, even when sleeping, to minimize swelling.

Pain Management

- Take pain medications as prescribed by your doctor.
- Over-the-counter medications, such as acetaminophen or ibuprofen, may also be used as instructed by your surgeon.
- Avoid aspirin as it may increase bleeding.

Swelling and Bruising

- Swelling, numbness, and bruising are normal and peak within 48-72 hours post-surgery.
- Apply ice packs to your face (20 minutes on, 20 minutes off) for the first 48 hours to help reduce swelling.

Sinus Precautions

- Do not blow your nose for at least two weeks.
- Sneeze with your mouth open to avoid pressure on the surgical site.
- Avoid using straws for drinking for two weeks.
- Do not engage in activities that involve changes in air pressure, such as flying, swimming, or diving, for at least two weeks.
- Avoid heavy lifting, bending over, or any activity that increases sinus pressure.
- You may use over-the-counter decongestants as needed, following package instructions.

Diet

- Consume only soft foods, such as yogurt, smoothies, mashed potatoes, and soups, for the first two weeks.
- Gradually reintroduce regular foods as advised by your surgeon.
- Avoid hot, spicy, crunchy, or hard foods during initial healing.

Oral Hygiene

- Do not rinse, spit, or brush the surgical area for the first 24 hours.
- After 24 hours, gently rinse with warm salt water ($\frac{1}{2}$ teaspoon salt in 8 oz of water) after each.
- Brush teeth gently, avoiding the surgical site for the first week.
- You will be prescribed Peridex mouth rinse and antibiotics, take these as prescribed.

Activity

- Rest and avoid strenuous activities, heavy lifting, or vigorous exercise for at least one week.
- Gradually resume normal activities as directed by your surgeon.

Signs of Complications

Contact our office immediately if you experience:

- Excessive or persistent bleeding
- Severe pain not relieved by medication
- Fever over 101°F (38°C)
- Persistent swelling or discharge
- Sinus pressure or congestion that worsens or does not improve
- Feeling of fluid entering the sinus cavity when drinking

Follow-Up Appointments

- Attend all scheduled follow-up appointments for monitoring and guidance on the next steps, including dental implant placement.

We are committed to supporting you throughout your recovery. Please contact our office if you have any questions or concerns.

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