



Sinus Lift Post-Operative Instructions

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 (½ 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.

Questions?

We're here to help. If you have any concerns or unexpected symptoms, please contact our office right away.

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