

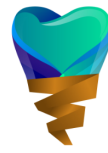


POST-OP INSTRUCTIONS FOR SINUS LIFT

Following these instructions will assist you, but if you have questions about your progress, please call the office at **(703) 653-0989**.

Because of the close distance between your upper jaw and your maxillary sinus, a hole between the sinus and mouth can sometimes occur. This hole may have been present before your surgery and can result from the removal of teeth, infections, cysts, tumors, bone grafts and dental implant placement.

- **MEDICATION** – If instructed by Dr. Raja, you should take Motrin 600mg every 6 hours continuously for the first three days. Take the first dose immediately and before the local anesthesia has worn off. You may use the narcotic pain medication in addition to the Motrin, alternate the narcotic and the Motrin medications every three hours as needed. Take over-the-counter Afrin or Neosynephrine nose drops as directed for no more than 7 days. Take over-the-counter Sudafed tablets for 5 days if directed by Dr. Raja. (You must now ask for the original formula which is kept behind the counter or in the pharmacy)
- **PROTECTING THE GRAFTING SITE** – Do not forcefully spit, smoke, or drink with a straw for seven days after your surgery. If you have been prescribed an antibiotic mouthwash, you may begin to use it gently at bedtime the night of your surgery if you wish. Do not blow your nose for at least seven days, even if your sinus feels “stuffy” or there is some drainage from your nose. Try not to sneeze. If you must sneeze, then sneeze with your mouth wide open. Sneezing through your nose will cause a rapid build-up of pressure in your sinus which can affect healing. Do not rinse hard. If you have been prescribed any mouth rinses be very gentle when rinsing.
**The chemicals in cigarettes are caustic and will significantly delay healing, increase post-operative pain and risk of infection.*
- **PERSISTENT BLEEDING** – Mild intermittent bleeding from the nose is normal for several days following surgery. If bleeding becomes uncontrolled, call our office.
- **BONE GRAFT AND COLLAGEN MEMBRANE** – During the first week after your procedure, you may notice that a small grainy material has fallen from the grafting site. Your surgeon overpacks the area with grafting material, with the knowledge that some grafting material will be lost during the natural healing process. You may also notice a white collagen membrane that resembles the end of a cotton swab tip falling out of the graft site, this is normal. This membrane serves as a barrier between the closing of your gum tissue, and the grafting material. The membrane is either absorbed by the body or is released and will naturally fall out.



- **MOUTH OPENING EXERCISES** – Jaw stiffness is common following oral surgery. You can reduce this stiffness by stretching you mouth open with two fingers each hour and applying warm compress to the outside of your jaw.
- **MANAGING POST-OPERATIVE PAIN** – Unfortunately, most oral surgery is accompanied by some degree of discomfort and you may be given a prescription for pain medication. If you find you are taking large amounts of pain medicine at frequent intervals, please call our office. Calls for renewing narcotic (pain killer) prescriptions must be made during our regular office hours as pharmacy’s do not accept over-the-phone narcotic refills.