

Dental Practice of
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Sinus Elevation Post-Operative Instructions

1. **Do not** blow your nose.
2. **Do not** smoke or use oral tobacco: smoking will delay healing and contribute to a risk of surgical failure.
3. **Do not** take in liquids through a straw.
4. **Do not** lift or pull on lip to look at sutures (stitches).
5. If you must sneeze, do so with your mouth **open** to avoid **any** unnecessary pressure, as directed.
6. Take your medication as directed.
7. You may be aware of small granules in your mouth for the next few days. This is **not** unusual.
8. **Avoid rinsing vigorously or spitting until the sutures are removed.**
9. Starting the day after surgery, brush and floss your teeth as usual (avoiding the area of surgery). Rinse your toothbrush under hot water to soften the bristles and avoid vigorous rinsing. Gentle rinsing with Listerine, Peridex or warm salt water will help to clean the treated area. To make the salt water rinse, mix one (1) teaspoon of salt with a glass of very warm tap water. **Do not** use water that is hot enough to burn your mouth.

Notify Your Doctor If:

1. Pain or swelling increases after three (3) days.
2. Sutures become loose or dislodged before three (3) days.
3. You have any signs, which may indicate a drug reaction or allergy, such as itching, hives, rash or difficulty breathing.
4. Your body temperature becomes higher than 100°F, taken orally.
5. Numbness persists three (3) days after surgery.
6. Pain in your jaws is not relieved by the prescribed pain medication.
7. You have difficulty in swallowing or breathing.
8. You feel granules in your nose.
9. Your medications **do not** relieve your discomfort.

Important: Increase your fluid intake following surgery and maintain a soft diet.

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