

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** drink liquids through a straw.
4. **Do not** chew on the surgical site for 2 weeks.
5. If you must sneeze, do so with your mouth **open** to avoid any unnecessary pressure.
6. Sleep with your head slightly elevated for 5 days after surgery.
7. You may have some bleeding from the nose. This is not uncommon and should pass quickly. If needed, you can place a small amount of cotton in the nostril effected.
8. You may use nasal decongestants, such as over-the-counter Sudafed® tablets or Afrin® Nasal Spray, to keep your passages dry, especially if you have noticed continued drainage or feel the need to blow your nose.
9. You may notice small, sand-like granules in your mouth for the next few days. This is not unusual.
10. Avoid rinsing vigorously or spitting until the sutures are removed.
11. **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 Peridex or warm salt water will help to clean the treated area. To make the saltwater 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.

**Important: Increase your fluid intake following surgery
and maintain a soft diet for optimal healing.**

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