



Sinus Lift Post Op

The following information applies when upper jawbone height or width have been lost. The graft is placed to help restore your jawbone in preparation for possible implant replacement of the missing tooth or teeth.

- You have had a Sinus Lift Augmentation procedure in your upper jaw.
- This procedure regains or maintains lost bone height in your first and second molar and occasionally second premolar.
- It is an important procedure as it allows implant placement in an area that could not be implanted otherwise because of insufficient bone height due to an enlarged sinus.
- The bone that has been grafted is most commonly Cadaver or Bovine Bone and or a mixture of the two.

DO NOT UNDER ANY CIRCUMSTANCES BLOW YOUR NOSE FOR THE NEXT FOUR (4) WEEKS. This may be longer if indicated. NO SNIFFING & NO BLOWING.

- Do not blow your nose or sneeze holding your nose.
- Sneeze with your mouth open.
- Do not drink with straws and do not spit.
- Scuba diving and flying in pressurized aircraft may also increase sinus pressure and should be avoided.
- Decongestants such as Drixoral, Dimetapp, or Sudafed will help reduce pressure in the sinuses.
- You will be given a prescription for antibiotics.
 - Please take these as directed

Anything that causes pressure in your nasal cavity must be avoided.

- Avoid “bearing down”—as when lifting heavy objects, blowing up balloons, playing musical instruments that require a blowing action or any other activity that increases nasal or oral pressure.
- SMOKING MUST BE STOPPER

IMMEDIATELY FOLLOWING SURGERY

- The gauze pack placed over the surgical area should be kept in place for 45 minutes, after this time the gauze pack should be removed and discarded.
- Replace the gauze after eating and drinking. Moisten the gauze pack and place over the surgical area, this should be kept in place for 45 minutes. Then you are done with gauze.

- Vigorous mouth rinsing or touching the wound area following surgery should be avoided. This may initiate bleeding by causing the blood clot that has formed to become dislodged.
- Next Ibuprofen and dose @ _____ PM then _____ PM
- Use ice packs for the first 72 hours, while awake - 20 minutes on / 20 minutes off
- Restrict your activities the day of surgery and resume normal activity when you feel comfortable. No driving for 24 hours (If IV Sedation was used)

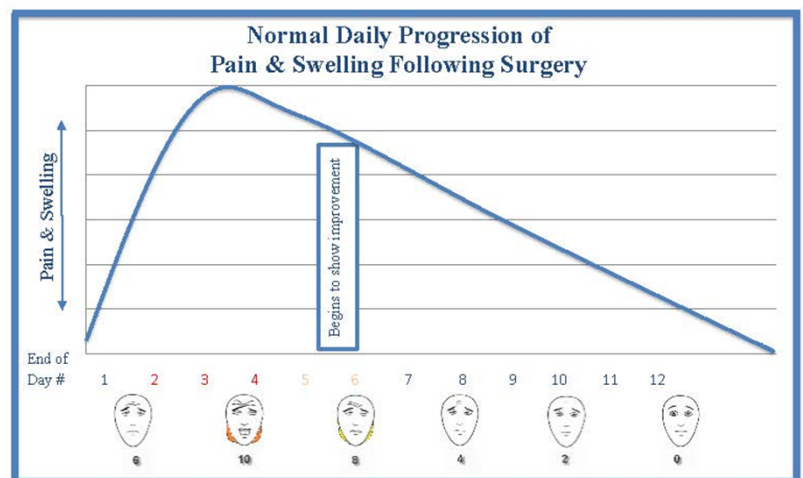
BLEEDING

- A certain amount of bleeding is to be expected following surgery. Slight bleeding, oozing, or redness in the saliva is not uncommon for the first 36 hours.
- Excessive bleeding may be controlled by rinsing or wiping any old clots from your mouth, then placing a gauze pack over the area and biting firmly for 45 minutes. If bleeding continues, bite on a moistened tea bag for thirty minutes. The tannic acid in the tea bag helps to form a clot by contracting bleeding vessels.
- To minimize further bleeding, do not become excited, sit upright, and avoid exercise. If bleeding does not subside, call for further instructions. It is normal to have oozing for the next 36 hours and have a tinge of red to your saliva.
- If you have “active” bleeding like a nose bleed please call the office @ 720-588-2505

SWELLING

Swelling is to be expected following surgery. Swelling around the mouth, cheeks, eyes, and sides of the face is common. This is the body’s normal reaction to surgery and eventual repair.

- The swelling will not become apparent until the day following surgery and will not reach its maximum until 2-3 days post-operatively. However, the swelling may be minimized by the immediate use of ice packs
- After 72 hours, ice has no beneficial effect.
- 72 hours following surgery, the application of moist heat to the sides of the face is beneficial in reducing the size of the swelling.





- If swelling or jaw stiffness has persisted for several days, there is no cause for alarm. This is a normal reaction to surgery
- The pain and swelling should subside more and more each day following surgery. If your post-operative pain or swelling worsens or unusual symptoms occur call the office for instructions.

PAIN

- Goal is reduction of 50% of the pain
- 600mg Ibuprofen (Motrin or Advil) or three 200mg tablets should be taken every 6-8 hours.
- For severe pain two tablets of Tylenol may be taken 3-4 hours after ibuprofen.
- Avoid alcoholic beverages.
- Pain or discomfort following surgery should subside more and more every day. If pain persists, it may require attention and you should call the office.

EXPAREL

- If Exparel was used during your procedure, surgical sites will be mostly numb for 36 hours to 48 hours.
- Break through pain is possible
- Please continue pain management routine as described above.

DIET

- After I.V. sedation, liquids should be initially taken.
- Do not use straws. Drink from a glass. The sucking motion can cause more bleeding by dislodging the blood clot.
- You may eat anything soft for the first 24 hours after this it is diet as tolerated
- Nothing crunchy is advised
 - Chips
 - Nuts
 - Seeded fruits (Strawberries)
 - Popcorn
- High calorie, high protein intake is very important.
- Eat on the opposite side of mouth
- Increase your fluid intake. At least 3-4 liters of liquid should be taken daily to prevent dehydration.
- Try not to miss a single meal. You will feel better, have more strength, less discomfort and heal faster if you continue to eat.



- Caution: If you suddenly sit up or stand from a lying position you may become dizzy. If you are lying down following surgery, make sure you sit for one minute before standing.

ORAL HYGIENE (KEEP THE MOUTH CLEAN)

- No rinsing of any kind should be performed until the day following surgery.
- You can brush your teeth the night of surgery but rinse gently.
- The day after surgery you may begin rinsing at least 5-6 times a day especially after eating with a cup of warm water mixed with a teaspoon of salt.
- NO Listerine use

There will be a cavity where the tooth was removed. The cavity will gradually fill in with new tissue over the next month. In the meantime, the area should be kept clean, especially after meals, with saltwater rinses or a toothbrush.

Brushing your teeth is okay – just be gentle at the surgical site.

DISCOLORATION (Bruising)

- In some cases, discoloration of the skin follows swelling
- The development of black, blue, green, or yellow discoloration is due to blood spreading beneath the tissues. This is a normal post-operative occurrence, which may occur 2-3 days post-operatively. Moist heat applied to the area may speed up the removal of the discoloration.

ANTIBIOTICS

- Take as directed.
- Antibiotics have been given to help prevent infection
- Discontinue antibiotic use in the event of a rash or other unfavorable reaction. Call the office if you have any questions @ 720-588-2505

NAUSEA AND VOMITING

- In the event of nausea and/or vomiting following surgery, do not take anything by mouth for at least an hour including the prescribed medicine. You should then sip on coke, tea or ginger ale. You should sip slowly over a fifteen-minute period. When the nausea subsides, you can begin taking solid foods and the prescribed medicine.

SUTURES



- Sutures are placed to minimize post-operative bleeding and to aid in healing
- The sutures will be removed approximately one week after surgery.
- The removal of sutures requires no anesthesia or needles. It takes only a minute or so, and there is no discomfort associated with this procedure, so it is really nothing to worry about.

ACTIVITY

- If you are involved in regular exercise, be aware that your normal nourishment intake is reduced.
- Exercise may weaken you. If you get light-headed, stop exercising.

OTHER COMPLICATIONS

- Slight elevation of temperature immediately following surgery is not uncommon. If the temperature persists, notify the office. Tylenol or ibuprofen should be taken to reduce the fever.
- Occasionally, patients may feel hard projections in the mouth with their tongue. They are not roots, they are the bony walls which supported the tooth. These projections usually smooth out spontaneously. If not, they can be removed by Dr. Hayes.
- If the corners of your mouth are stretched, they may dry out and crack. Your lips should be kept moist with an ointment such as Vaseline.
- Sore throats and pain when swallowing is not uncommon. The muscles get swollen, and the normal act of swallowing can then become painful. This will subside in 2-3 days.
- Stiffness (Trismus) of the jaw muscles may cause difficulty in opening your mouth for a few days following surgery. This is a normal post-operative event which will resolve in time.

Your case is individual, no two mouths are alike. Do not accept well intended advice from friends. Discuss your problem with the person's best able to effectively help you: Dr. Hayes and his staff.

Office Phone Number (720) 588-2505

