



**SPECIALIZED
PERIODONTAL
IMPLANT TEAM**

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Sinus Lift Postoperative Instructions

Please read all of the following instructions carefully to help ensure a comfortable and complication-free recovery period:

Prescriptions: Start taking the antibiotics and continue taking them until they are all gone. Take the pain medication within the first 4 hours of treatment with food to prevent nausea. For moderate discomfort Tylenol, Advil or your usual pain medication may be used. Afrin nose spray should be used, two puffs in the affected nostril in the morning and at bedtime. Benedryl tablets 25 mg one or two tablets every four hours, should be used as needed for runny nose.

Activity: Avoid strenuous exercise and exertion for the first 48 hours after treatment.

Swelling: Begin applying an ice pack to the face in the area of treatment immediately, if instructed. The ice pack should be applied in 20 minute intervals.

Bleeding: It is common to have blood in the saliva for up to 12 hours after treatment. If there is excessive bleeding it can usually be stopped by applying pressure to the area for 15 minutes using a damp sponge or moistened tea bag directly to the surgical area. If bleeding does not stop after the 15 minutes, please call us immediately.

Diet: Drink nothing but cold liquids for the rest of the day e.g. malts, shakes, fruit juice, jello, ice cream, etc. No carbonated or alcoholic beverages for 24 hours. No drinking from a straw for 24 hours. NO seeds, nuts until sutures are removed. For the next two days, eat soft foods e.g. bread, pasta, yogurt or cottage cheese. Use care when eating.

Smoking: No smoking for at least the first 24 hours please, as this increases chances of bleeding and infection.

Oral Hygiene: Avoid all rinsing for the first 24 hours. No spitting, swishing, or sucking for 24 hours. Use the Periogard mouth rinse, starting the day after treatment. Use the rinse gently twice a day for 1 minute. Please dilute 50/50 with water. On the following day begin to brush all uninvolved teeth regularly, **avoiding the treated area**. The treated area should not be brushed until instructed; this may be up to 3 weeks.

Sutures: Some of your sutures are resorbable. If they have not come out by your first post-operative appointment, we will remove them at that time.

Sinus Care: You may have minor bleeding out of the nose. This is not unusual, but please call if it continues for more than a few hours. Do not blow your nose for 5 days, do not hold your sneeze, or travel by air for 5 days.