

POST OPERATIVE INSTRUCTIONS FOR OPEN SINUS LIFT AND BONE GRAFT

✂ **IF AT ANY TIME YOUR SURGERY SITE IS CAUSING ADDITIONAL SYMPTOMS NOT LISTED BELOW, PLEASE CALL OUR OFFICE OR DR. COOK'S EMERGENCY NUMBERS LISTED AT THE BOTTOM OF THIS PAGE. THESE CONCERNS MAY NEED TO BE ADDRESSED BEFORE YOUR NEXT SCHEDULED APPOINTMENT.**

✂ **VERY IMPORTANT!!!** Please do not bend over, blow your nose, suppress a sneeze, or fly for 3 weeks following surgery.

✂ **MEDICATIONS:** Take all medications prescribed with food. Do not exceed recommended dosage. Follow instructions for the prescriptions indicated below, if prescribed:

_____ Antibiotic: Begin taking as prescribed until finished.

_____ Pain Medication/Anti-inflammatory: Take 1 tab 3 times daily for at least 3 days after surgery.

_____ Additional Pain Medication: Use as directed.

(Chlorhexidine) Antimicrobial mouth rinse or warm salt water rinse: Begin swishing gently 3 days after surgery.

Start on _____ and swish once in the morning and once at night until you return to our office.

(Medrol Dose Pack) Steroid: Take as prescribed until finished.

(Decongestant) Important! Use an over-the-counter decongestant of your choice such as Sudafed/Claritin/Zyrtec daily for the next 3 weeks. Additionally, you may use a decongestant nasal spray such as Afrin if necessary.

✂ **AFTER SURGERY:** You should go home and relax, keep your head propped up on two pillows when sleeping or lying down. Also it is important to avoid bending over, nose blowing, suppressing a sneeze, and flying for 3 weeks.

✂ **ICE PACK:** Apply the ice pack to the area for 3 hours directly after surgery alternating for 10 minutes on and then 10 minutes off. Keep a paper towel between you and the ice pack while applying the ice.

✂ **SWELLING:** Typically the most swelling and discomfort may appear on the 3rd day following surgery. This is normal and you should not be concerned unless you run a fever and/or your face or cheek near surgery feels hot to the touch.

✂ **BLEEDING:** It is normal to have some bleeding or oozing for the 1st 24 hours following surgery. If you experience active bleeding (bright red) from the surgical site, please contact our office.

✂ **SUTURES:** You will have some sutures in the surgery site. It is VERY important that you do not attempt to remove them, even if they are loose. If you feel they need to be trimmed, or if any sutures have fallen out sooner than your first post-op visit, please call the office.

✂ **ORAL HYGIENE:** The morning following surgery brush and floss all other areas and **do not touch or brush near the implants or stitches until told otherwise.** After brushing and flossing in all other areas, on _____, gently swish your mouth with the prescribed mouth rinse for 30 seconds twice daily until further directed. Wait 30 min after swishing to eat or drink.

✂ **NUTRITION: For the next 2 weeks:** Avoid chewing near the surgical site as much as possible. Eat soft foods such as scrambled eggs, mashed potatoes, soup, pudding, & yogurt. Things to avoid: crunchy, crispy and spicy foods, popcorn, nuts, and anything with seeds, such as breads or bagels, which could potentially become lodged under the gum tissue. Protein intake is best for your healing. You need to have adequate nutrition to aid in the healing process.

AVOID THE FOLLOWING for the first 48 hours:

- Rinsing/Spitting forcefully
- Smoking
- Drinking from a straw or directly from a bottle
- Carbonated beverages
- Aerobic activities or lifting anything with significant weight

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After hours: Dr. Deana can be reached by cell: 919-749-2070 Dr. Phyllis can be reached by cell: 910-262-8486.
If for any reason you cannot reach either doctor please contact your general dentist.