

Gentle Dental Care

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INSTRUCTIONS AFTER SINUS LIFT SURGERY:

1. There may be some minor pain or swelling after the sinus surgery.
2. There may be some bruising after the sinus surgery.
3. If gauze is in your mouth, remove it after 20 to 30 minutes, if the bleeding has stopped.
4. Use icepack as instructed: alternate 10 minutes on and 10 minutes off on the side of the cheek where surgery was done to reduce the pain and enhance the bleeding to stop quicker.
5. Take the pain medication (Tylenol, Motrin, Advil, Vicodine, Percoset, etc.) right after the surgery and if pain stops, you don't need to continue the pain medication.
6. Follow the prescriptions given by your dentist. If side effects occurs, stop taking the medicine and drink water. Also call the dental office as soon as possible.
7. You may brush your teeth the day you get the sinus lift, but DO NOT brush the area where you got the sinus lift.
8. 24 hours after sinus lift, you may rinse your mouth with the liquid that was prescribed to you or salt water for 30 seconds. (2 to 3 times a day).
9. DO NOT touch or pull anything away from bone grafting area.
10. DO NOT spit blood or saliva out that is in your mouth, but swallow it in order to prevent future bleeding.
11. DO NOT use a straw when you drink, just drink out of a cup, for 48 hours.
12. DO NOT DO THE FOLLOWING FOR 1 WEEK:
 - a. Avoid hot foods, hot drinks (ex: coffee, tea etc.) and hot showers or baths.
 - b. Avoid spicy and hard food.
 - c. Do not drink alcohol.
13. DO NOT DO THE FOLLOWING FOR 2 WEEKS:
 - a. No sneezing, cough it out
 - b. No nose blowing
 - c. No flying in airplanes.
 - d. No heavy exercise (ex: golf, sauna, jogging, running, weight lifting, etc.)
14. MAKE SURE TO GET PLENTY OF REST AND HEALTHY FOOD AFTER SINUS LIFT.

IF YOU HAVE ANY QUESTIONS ABOUT THE ABOVE INSTRUCTIONS, PLEASE GIVE US A CALL ANY TIME.

Signature: _____ Date: _____

Witness: _____