

Post-Surgical Instructions: Sinus Lift

The proper care following a Sinus Lift will help prevent complications. **DO NOT RINSE YOUR MOUTH TODAY.** Starting tomorrow, GENTLY rinse your mouth every three to four hours, especially after meals, using the prescribed mouth rinse and/or warm salt water.

Rest: After your surgery, we strongly recommend that you return home and relax. You may go back to work the next day, but please wait several days before resuming strenuous exercise or activities. No lifting anything over 20 pounds for 10-14 days.

BLEEDING: Following a Sinus lift, some bleeding is to be expected. If persistent bleeding occurs, place a moist gauze pad over the surgical site and bite down firmly for 30 minutes and repeat, as necessary. A moistened-caffeinated tea bag is also useful-- Moisten a tea bag and apply pressure for 30 minutes until bleeding subsides. If after 30 minutes, the bleeding has not lessened, please call Dr. Cavallari at 757-412-0235.

NOSE BLOWING: Avoid blowing your nose or playing a wind musical instrument for one week. Use of decongestant medication might be recommended.

SWELLING: You may experience slight swelling for several days after the procedure. Use an Ice pack for the first 24 hours, 30 min on 30 min off. After the first 48 hours, switching to moist heat is recommended.

MEDICATION: If you are prescribed a steroid, please take as instructed. After completion of the steroid, an anti-inflammatory such as Ibuprofen, Advil, or Motrin may be taken every 4-6 hours (or as needed) to help with swelling. A narcotic may be prescribed to help relieve more intense pain. It may make you drowsy, so please do not drink alcohol or drive while taking this medication! You may be prescribed an antibiotic. It is very important that you take every tablet in your prescription at the proper times. The purpose of the antibiotic is to prevent infection. If you do not take the antibiotic you risk infection. The only exception is to stop taking the antibiotic if you think that you might be developing an allergic reaction to the medication. Symptoms of an allergic reaction include redness, itching and swelling. If these symptoms are present, please discontinue the medication immediately and call Dr. Cavallari at 757-412-0235.

FOOD: Good nutrition is important to speed your recovery. After surgery, eat soft foods that do not cause discomfort. Avoid sharp/crunchy foods such as nuts, seeds, chips, or popcorn. You may gradually return to normal food as it becomes more comfortable to do so. Remember to drink plenty of fluids. Please avoid drinking through a straw and smoking of any kind, as these activities cause negative suction, which can loosen clots vital to your healing.

SUTURES/BRUSHING: There may be sutures (stitches) placed in your mouth at the time of surgery. If they are resorbable sutures the portion in the gum tissue will dissolve naturally and the remaining pieces will detach about 5-7 days after the procedure. If they are non-resorbable sutures, they will be removed in the office about 2 weeks after the procedure. Do NOT use an electric toothbrush, a Waterpik, or dental floss around the surgery area until after your post-op appointment with Dr. Cavallari. Do, however, brush and floss the rest of your teeth carefully.

QUESTIONS: This information is provided to help you understand what to expect. **If you have questions, or concerns, please feel free to contact Dr. Cavallari by calling 757-412-0235.**

We want to work with you to make your surgical experience a pleasant one and to get you back to your regular routine as soon as possible.