

## POST-OPERATIVE INSTRUCTIONS FOR SINUS LIFT PATIENTS

*There is no need to look at the surgical site so please do not pull on your lip to see the site and do not touch it at all. Pulling and tugging can disturb the sutures and cause them to come out and the procedure to fail.*

- **Do not smoke.**
- **Do not blow your nose.**
- **If you have to sneeze, do so with your mouth open.**
- **Take over-the-counter sinus medication (Sudafed, Claritin, Benadryl, etc.) daily.**
- **Do not do anything that increases pressure (playing instruments, diving, flying, blowing up balloons, etc.)**
- **Nose bleeds are normal and may occur up to several days following surgery.**
- **Do not be alarmed by the presence of bone granules. Some drainage is normal from the nose and mouth. Just wipe away.**

**Diet:** Nutritious, soft foods (scrambled eggs, cottage cheese, soft meats and vegetables, milk shakes, warm soups, etc.)

**Sutures:** If non-dissolving sutures are used, they will be removed at your post-op visit. **DO NOT REMOVE YOUR OWN SUTURES.** If dissolving sutures are used it is not uncommon to lose some a day or two after surgery. If the area is not bleeding, it is not a concern.

**Home Care:** Do not brush or floss the treated areas. Use the rinse prescribed in the morning and at night until you return for your post-op appointment. Do not use any other rinse. Warm salt water may be used. (Dissolve a teaspoon of salt in a cup of warm water.)

**Bleeding:** Some bleeding can be expected up to 24 hours after surgery. If it continues, apply steady pressure with moist gauze or a moist tea bag for 30 minutes without removing.

**Swelling:** Use ice packs—10 minutes on and 10 minutes off—for the first 24 hours after surgery. Then use warm moist heat for the second 24 hours after surgery. Once swelling occurs, it may take up to a week to completely go away. If the swelling increases after the first 3 days, call the office.

**Bruising:** Bruising of the face may occur after surgery. Once the bruise appears, it may take up to two weeks to completely fade.

### **To Be Avoided:**

- Chewing tobacco
- Hard to chew foods (popcorn, nuts, crusty bread, etc.)
- Vigorous exercise or hard physical work for 48 hours
- Chewing or brushing on treated areas
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**Please call the office any time for questions, advice, or help.**

**TO SPEAK WITH THE DOCTOR IN CASE OF AN EMERGENCY, PLEASE CALL DR. PATEL'S CELL PHONE AT 803-318-2790**