

# Post Operative Instructions following Sinus Lift Surgery

## Smoking & Tobacco Use

- DO NOT smoke or use any tobacco products following surgery, as this will prolong healing.

## Medications

- Sedative: If you took a sedative prior to your appointment, do not drive for 24 hours.
- Antibiotic: Take as prescribed, on time, and complete the full course to prevent infection.
- Pain Medication: Take your prescription immediately after surgery, then as directed for the first day. Continue as needed thereafter.
- Mouth Rinse: Start 24 hours after surgery, rinsing twice a day for 30 seconds. Use warm saltwater between meals.
- Decongestants: Some congestion is common. Over-the-counter aids such as Vicks or Afrin nasal spray may help.
  - If you must sneeze or cough, do so with an open mouth and do not pinch your nose.
  - DO NOT blow your nose!

## Dietary Guidelines

- While Numb: Avoid solid or hot foods to prevent biting or burning yourself.
- For Two Days Post-Surgery:
  - Do NOT spit or suck (avoid straws, mints, hard candies, popsicles, cigarettes).
  - Drink plenty of fluids.
- Recommended Soft Foods: Pasta, eggs, fish, soup, yogurt, canned fruits, cottage cheese, mashed potatoes, ice cream.
- Avoid Until After Suture Removal: Hard, crunchy foods and foods with small seeds (chips, apples, carrots, celery, lettuce, peanuts, popcorn, strawberries, hard meats).

## What to Expect

### Discomfort

- Pain typically peaks between Day 1-3.
- Some patients may experience a slight headache due to jaw joint strain (TMJ).

### Bleeding

- Light nasal bleeding for the first few days is normal.
- Apply gentle pressure to the nostrils and keep your head elevated to control bleeding.
- Typical surgical site bleeding lasts 4-6 hours.
- Expect some gritty granules in your mouth from graft material overflow—this is normal.
- Oozing may persist up to 24 hours post-surgery.
- A small amount of blood mixed with saliva may appear worse than it actually is.
- Change gauze as needed, avoiding pulling on your lip or cheek or pressing on the cheekbone area.
- Do NOT leave gauze in your mouth while eating or sleeping.

### Swelling & Bruising

- Considerable swelling is expected, peaking on Day 3 before gradually subsiding.
- Use cold packs (15 minutes on, 15 minutes off) to manage swelling until it peaks.
- Once swelling has peaked, switch to warm, moist compresses to help it decrease.
- Bruising is common, appearing between Day 2-5. It may range from a black eye to facial bruising.

## Oral Care

- Do NOT brush near the surgical site until all sutures are removed.
- Continue normal brushing and flossing in other areas.
- Use the prescribed mouth rinse as directed.

## Rest & Recovery

- Avoid vigorous exercise or physical exertion for 48 hours.
- Keep your head elevated while resting or sleeping for the first two days.

## When to Contact the Office

Call 07 4998 5572 if you experience:

- Uncontrollable nasal or mouth bleeding after trying the above measures.
- Severe, unmanageable pain.
- Profuse swelling after Day 3 that is worsening or not improving.
- Large amounts of graft material coming out from the nose or mouth (small amounts are normal).

If you have any questions or concerns, please contact our office at 07 4998 5572.