

Sinus Elevation Instructions

How well and how rapidly your oral tissues heal following surgery depends in part upon you and your home care. By carefully reading and following the instructions below you can avoid the most common post-operative problems.

Immediately following surgery: Do not disturb surgical area. Avoid rinsing, spitting, or touching the wound on the day of surgery. Avoid eating, drinking, or smoking for at least one hour after procedure to permit undisturbed blood clotting. Avoid strenuous work or exercise for 24 hours post-surgery. Be careful so you do not bite your lips or tongue while they are still numb from anesthesia. **Please do NOT play with the surgery area with your fingers or tongue. Do NOT pull up or down the lip or cheek to look at the area and do not have someone else look at the area.**

Swelling: Discomfort and swelling may be expected following certain periodontal surgical procedures. Be sure to take your prescribed medications or over the counter medications for pain control. Swelling can be addressed by applying an ice pack on the outside of the face over the operated areas as follows: 10 minutes on, 10 minutes off, etc. for approximately 4 hours following surgery. **For 2 weeks after the surgery do NOT bend down at your waist (use your knees), NO heavy lifting, sneeze with your mouth open, NO straining when moving bowels**

Bleeding/Drainage: There may be some bleeding for a few hours after surgery. To reduce prolonged bleeding, do not forcefully spit. Pressure should be applied with a damp washcloth. Sleep with your head slightly elevated to reduce bleeding. Red saliva can be normal up to 24 hours after the procedure. **Drainage** from you nose and throat is common and can be managed with the following medications which can be taken over the counter:

Afrin Nasal Spray (nasal spray 2x/day for 5 days or as needed)

Sudafed (take on every 12 hours for 10 days or as needed)

Stool Softener (as directed to facilitate bowel movement)

Take the prescribed medications as indicated.

Sutures/Stitches: Stitches have placed and may be dissolvable or non-dissolvable depending on your surgery. Dissolvable stitches will break down within 1-3 weeks depending on the kind used. If non-dissolvable stitches were placed, we will inform you and discuss the timeline for removal. Please do not cut stitches out or pull at stitches as this may disrupt the healing site and lead to complications.

Homecare: Maintain normal oral hygiene measures in the areas of your mouth not affected by the surgery. Gently rinse with the prescription rinse if prescribed in the morning and before bed the day following surgery. You may use warm saltwater throughout the day to promote faster healing. (1 teaspoon of salt per 8 ounces of warm water). **Please avoid** using straws or forceful spitting. **Do not use** electric toothbrush or waterpik for 3 months in the treated area.

Diet: Please follow a soft food diet, taking care to avoid the surgical area(s) when chewing. Chew on the opposite side and do NOT bite into food if the procedure was done in the front of the mouth. Avoid sticky, hard (such as ice cubes, nuts, popcorn, chips), brittle, spicy, highly seasoned, or acidic foods in your diet. Foods such as soups, pasta, scrambled eggs, mashed potatoes, macaroni & cheese, tuna etc. are best. Be sure to maintain adequate nutrition and drink plenty of fluids. **Avoid alcohol (even beer and wine) and smoking until after your post-operative appointment. Smoking is not advised during the 14 days following surgery.**

Contact your Periodontist in case of the following:

- Severe, uncontrolled bleeding or pain; especially if it begins after 24 hours.
- Swelling which has onsets 48 hours after surgery.
- Elevated temperature (over 101 degrees F)

If after 3-4 days you experience continued bleeding, progressive aching or throbbing

please call our office at: **(262) 547-1877**

For after office hours, please call or text:

Dr. Al-Bitar- (414) 751-0813

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