

## Patient Self-Care Following Sinus Lift Surgery

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**ACTIVITY:** After leaving our dental office today, we suggest you consider relaxing or at least limiting your activity as much as possible for the remainder of the day. Avoid strenuous activity or aerobic exercise for the next 2-3 days.

**DISCOMFORT:** Some discomfort may be present when the anesthesia wears off. You have been given a prescription for an anti-inflammatory (NSAID) analgesic. Please take this every 4-5 hours or four times per day for the first 3 days. This drug will greatly decrease the possibility of post-surgical swelling and pain and has been shown to accelerate healing. After the first 3 days, 2 Tylenol, or 2 Advil taken every 4-6 hours as needed, should keep you comfortable. Should intense discomfort occur at any time after the surgery, please take the narcotic medication (if one has been prescribed for you), as directed, or telephone the doctor and he will phone in a narcotic prescription for you. You may take both the narcotic and NSAID together. Their analgesic effect will be synergistic.

**INFECTION:** Please continue taking your antibiotic, one tablet every 5-6 hours, or three time per day until all of the tablets have been taken. If you notice that after a few days, pain or swelling are increasing or that you are experiencing an elevated temperature, please call the doctor.

**ANTIHISTAMINE USE:** Please continue taking your antihistamine, one tablet every 5-8 hours, or 2-3 time per day for at least the first 4-5 days, particularly if you are having any symptoms of "stuffiness" or tendency to sneeze. Antihistamines can make you drowsy. If this is the case then reduce the dosage, i.e. take them twice a day instead of three times a day. Continue to use the nasal spray, one puff every 5-8 hours for the first three days, or longer if symptoms of "stuffiness" and difficulty breathing through your nose are present.

**SWELLING:** It is normal to experience some facial swelling after surgery. To minimize this, apply an ice bag wrapped in a light tea towel or handkerchief to the outside of your face over the operated area. This should be left on your face for about 5 minutes, then removed for 5 minutes, or alternated from side-to-side, between operated areas, for 2-3 hours after surgery. The use of both ice and the NSAID analgesic as described above will reduce facial swelling.

**BLEEDING:** It is common to have slight bleeding for a few hours following surgery. Most of the blood you may see in your mouth is actually a little bit of blood mixed with a lot of saliva - blood is a very strong "dye" and a little bit of blood will color your saliva dramatically. If bleeding persists, apply a tea bag to the surgical site with gentle pressure for 15-20 minutes. Let yourself rest for 15 minutes then repeat the application of the tea bag for a second time if you still have slight bleeding. If excessive bleeding continues, please call our office or the doctor after normal office hours. You may experience some blood discharge from your nose. If so, lie down, with your head slightly elevated and apply an ice pack over your midface-nasal area. If this bleeding does not stop within 30 minutes, telephone the doctor.

**ORAL HYGIENE:** Brushing and oral hygiene procedures should be done as usual in all untreated areas. In exposed, operated areas limit your oral hygiene to brushing using a soft bristled toothbrush. In areas covered by periodontal dressing, brush only the chewing surfaces of teeth. Avoid dental flossing in operated areas during the first week following surgery. No undiluted mouthwash, salt water or peroxide rinses should be used during the first week following surgery. Also avoid the use of water irrigation devices such as Water-piks for 1 month following surgery. The exposed operated areas should be gently swabbed with a Q-tip (cotton tipped applicator) saturated with Peridex (Chlorhexidine) as a last oral hygiene procedure at bedtime and again in the morning, after eating and drinking.

**EATING AND DRINKING:** Do not try to eat until all anesthesia (numbness) has worn off. High protein foods and liquids are desirable for 3-5 days following surgery. Semi-solid foods may be eaten as long as this may be done comfortably. . Eggs, custard, yogurt, pasta, steamed vegetables, casseroles, cooked cereals are some things that you might consider eating during the first few days following your surgery. Avoid spicy, salty, acidic, very hot or very cold foods or liquids. Also, avoid nuts, chips or other crunchy or fibrous foods which may become caught between your teeth. Please refrain from drinking alcoholic beverages the day of surgery. The following nutritional supplements have been found to aid in surgical healing. Taking the following dosages for at least 4-6 weeks following your surgery can enhance healing:

Multi-vitamin with minerals (1/day) 1000mg (1/day)	Calcium 500mg (twice/day)	Vitamin E 400 iu (1/day)	Vitamin C
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**USE OF REMOVALBLE DENTAL APPLIANCES:** If you normally wear a removable appliance which replaces missing teeth, and it rests on the operated area, it is best to minimize use of this appliance as any pressure on the surgical site could be detrimental to healing and cause discomfort.

We want your treatment to provide as positive a healing experience as possible. If you are having any problems or have any questions not covered in these guidelines, please feel free to call us at any time. The doctor can be reached after hours at 314-280-7011.