

## POST SURGICAL INSTRUCTIONS FOLLOWING SINUS LIFT

### ACTIVITY

Restrict activities and physical exertion the day of and the day after periodontal surgery, being sure to get plenty of rest. Strenuous aerobic exercise is not recommended for 48 hours. We strongly discourage smoking during the initial healing period, as this may increase pain and delay healing. If you use a C-Pap machine at night please discontinue use for at least two weeks after surgery. The doctor will determine when you can resume use.

### MEDICATIONS

All medications prescribed should be taken according to directions. Narcotic pain medications should not be mixed with alcohol, tranquilizers, or sleeping pills. Antibiotics should be taken until gone. If itching, rash, or diarrhea develops, discontinue any further use of medication and call the office. Antibiotics have been shown to possibly decrease the effectiveness of birth control pills. Please check with your gynecologist if necessary.

### DISCOMFORT

Some soreness or discomfort may develop when the anesthetic wears off. The anti-inflammatory pain medication, Etodolac, should be taken before the anesthetic begins to wear off. Etodolac should be taken regularly for the first 48-72 hours. If you have excessive pain, swelling, and temperature spikes (sharp rises), please notify the office. The stronger narcotic prescription for pain, hydrocodone with Tylenol, may be taken if needed by alternating Etodolac and hydrocodone every 4 hours.

### CONGESTION

To minimize sinus congestion post-surgically, please continue to take any sinus medications regularly. AFRIN is also recommended 2 times/day (2 squirts in each sinus twice daily). Do not blow your nose for the next two weeks. If you have to sneeze, please do so freely with your mouth open. Attempts to stifle a sneeze may exert excessive force on your sinus resulting in damage to the graft.

### SWELLING

Slight swelling of the face is not unusual following periodontal surgery. This is a normal response and should not be a cause of alarm to you. The amount of swelling varies with every patient and with the extent of the surgery. **Swelling can be minimized by applying ice packs over the affected areas during the first day (10 minutes on, 5 minutes off, or alternating sides).** For the first 36 hours crushed ice placed inside the mouth is helpful and aids your level of hydration. **Moist heat can be applied intermittently during the 2<sup>nd</sup> and 3<sup>rd</sup> postoperative days to decrease swelling that may occur. Swelling may be greatest on the 3<sup>rd</sup> and 4<sup>th</sup> day and should subside thereafter.** At this time you can also start warm salt water rinses, 1tsp of salt with 8 oz glass of warm water. **Arneca cream** can help with reducing colorization of bruising and swelling and can be purchased at most local drug stores. If you wear and upper partial denture, it is usually recommended that it be worn for the 1<sup>st</sup> week after surgery if comfort permits.

### BLEEDING

Slight bleeding for as much as 24 hours is normal, and will turn the saliva red. Vigorous rinsing of the mouth interferes with clotting, but cold water or strong iced tea held in the mouth will help stop any seepage. Tea bags moistened and held under pressure on either side of bleeding area will also stop most seepage. When lying down, keep your head slightly elevated to prevent increase of blood pressure in this area. An old pillow case may be recommended the first night following surgery. If bleeding continues, contact the office at once.

### DIET

Nutrition is important to the healing process. At first, you may find it difficult to chew so you might want to eat smaller amounts more often, instead of more complete meals. The patient who maintains a good diet of soft foods generally feels better, has less discomfort, and heals faster. Avoid hard brittle foods or foods containing tomatoes, onions, peppers, or spices. Many soft foods can be chewed comfortably and the diet can be supplemented with liquid nourishments such as Ensure, Metrecal, or Carnation Instant Breakfast. Drink plenty of fluids. In summary, during the first 24 hours, the diet should be cold and soft. (Hot foods or liquids can increase bleeding and swelling.)

### HYGIENE

Oral hygiene procedures are important during the initial phase of healing; however, at the surgical sites avoid direct oral hygiene for the first week. Begin using Peridex rinse on the 2<sup>nd</sup> day using a very *gentle* bathing rinse. Please brush and floss the unaffected areas of your mouth as you would normally.

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