

Post – Operative Instructions for Sinus Elevation

Please Read Carefully

1. Do not blow your nose
2. If you must sneeze do so with your mouth open to avoid unnecessary pressure in the sinus
3. Take your medication as directed
4. Do not suck through a straw when drinking
5. Do not lift or pull on lip to look at surgical site. The incision may open which can lead to bleeding, infection, and delayed healing.
6. Do rinsing or spitting for 3 to 5 days
7. Do not apply pressure to the area with your tongue or fingers
8. No smoking for at least three days. The incision may open which can lead to infection and delayed healing.
9. Maintain a soft, high protein diet until you are comfortable enough to return to a normal diet.
10. Sensitivity to cold on natural teeth may occur – avoid ice and cold drinks
11. You may expect to find some small granules in your mouth for several days. This is normal and more material has been added in anticipation of this. Notify the office if a large amount of material is lost from the surgical site
12. If a denture is worn over the surgical site, limit its use as much as possible
13. Nose bleeds may occur. This is not uncommon with sinus elevation procedure