

SINUS AUGMENTATION POST-OPERATIVE INSTRUCTIONS

You have undergone a surgical procedure to provide adequate room in your upper jaw for the placement of dental implants.

During normal healing, you may experience:

- (1) A slight pulse-beat type pain or, more likely, a sore or bruised feeling when you touch the outside of your face during washing, shaving, applying lotion or make-up, etc.
- (2) Some swelling: typically increased swelling (over three days). A little bit today, a little more tomorrow, reaching a peak on the third day then decreasing a little each day until gone. **Cold compresses are effective during the first 24 hours to minimize swelling, alternating 20 minutes on 20 minutes off. Crushed ice or frozen beverages melting in the mouth (Smoothies, Slurpies, etc.) can also be helpful in applying cold to both the inside and outside.
- (3) Redness in the area and/or an elevated temperature (98.6-100°) for the first 48 hours is normal.

**Anti-inflammatory medications work well to alleviate these symptoms: Aleve, Aspirin, Advil/Ibuprofen, etc. It is advisable to take only one of these in conjunction with the medications that we have prescribed for you.*

There are certain events that may develop. They are expected and you should not be concerned. There are also several things that you can do which will expedite your healing and help to prevent any complications. If you do have any questions or if you feel that you are experiencing something irregular, please call our office.

- (1) Take your prescribed medications, especially any antibiotics.
- (2) Use a decongestant such as Sudafed or Dimetapp.
- (3) Use an icepack on the side of your face alternately placing the icepack on then off every twenty minutes for the first 24 hours.
- (4) Try not to sneeze or blow your nose. If you do sneeze, keep your mouth open.
- (5) **DO NOT SMOKE! Smoking will decrease your ability to heal and increases the chances of future implant complications.**
- (6) If you experience bleeding from the suture site, apply direct pressure for one full hour. This pressure can be applied with cotton gauze, a folded paper towel or even a tea bag. If the bleeding does not stop, please call our office.
- (7) If you are wearing a denture, do not use it unless we have specifically informed that you can.
- (8) Some people experience nose bleeds, a clear discharge from the nose, black eyes, or minor swelling. Although uncommon, these things are not complications or reasons for you to worry. However, if you do have any uncertainties or questions, please do not hesitate to call.

****Be Certain To Return To This Office As Directed For Post-Operative Treatment.**