

POST-OPERATIVE INSTRUCTIONS FOLLOWING SINUS LIFT

Do not disturb the surgical site. Avoid rinsing, spitting, or touching the surgical site on the day of surgery. There may be a white-colored membrane covered by sutures; try to avoid it when eating. Sutures and membranes may need to be removed in 3-4 weeks.

- 1. DO NOT** blow your nose. Sniff back only and wipe end of nose.
- 2. Nose Bleeds** are normal and may occur up to several days following a bone graft or sinus lift. Treat by leaning head back, applying ice and/or applying direct pressure.
- 3. Excess Bone Granules:** Do not be alarmed by the presence or release of bone granules in your nose or throat. Some drainage is normal from the nose and mouth; just wipe or rinse away.
- 4. Sneezing:** Try to avoid but if one comes on, sneeze with your mouth open. Do not hold or pinch nose.
- 5. Decongestant:** Use over the counter Actifed or Sudafed for 1 week after the surgery, as necessary.

If you have any questions, please contact the office at 613.591.7608