

After Bone Grafting / Sinus Lift

Do Not Blow Your Nose For The Next Four Weeks.

This may be longer in some cases. Gentle wiping is acceptable. Do not blow your nose or sneeze holding your nose. Sneeze with your mouth open. Do not drink with straws and do not spit. Scuba diving and flying in pressurized aircraft may also increase sinus pressure and should be avoided. Decongestants and antihistamines such as Drixoral, Claritin, Allegra, Dimetapp, or Sudafed will help reduce pressure in the sinuses. Please take these as directed. Activities that cause increased nasal or oral pressure such as blowing up balloons and playing musical instruments must be avoided for several weeks. It is normal to experience slight nasal discharge of blood and possible graft material for days following sinus surgery.

Smoking

Do not smoke for at least two weeks after surgery, if at all. As discussed at your consultation, smoking dramatically increases the risk of bone graft and sinus augmentation failure. Your doctor may prescribe a Nicoderm patch if you feel you need it.

Antibiotics

Be sure to take the prescribed antibiotics as directed to help prevent infection

Oral Hygiene

Do not rinse or spit on the day of your surgery. This tends to disturb the blood clot, open the wound and can prolong bleeding and slow healing. Oozing is normal and saliva can be swallowed even if slightly blood tinged.

Keeping your mouth clean after surgery is essential to reduce the risk of infection. Start salt water rinses the day following your procedure. Use one teaspoon of salt dissolved in an 8 ounce glass of warm water and gently rinse. Repeat as often as you like, but at least four to five times daily and always after eating is suggested for five days following surgery.

Do not brush the teeth in the area of surgery for 48 hours. When brushing, be very gentle. When expectorating, also be gentle.

An antibiotic rinse (Chlorhexadine, Periogard, Peridex) may be prescribed. This rinse should be used in the morning and at bedtime after routine mouth care. Do not eat or drink or rinse your mouth after using the medicated rinse. Any staining of your teeth that may occur from these rinses is may be easily removed by your dentist.

Wearing your Prosthesis or Nightguard

Partial dentures, flippers, or full dentures should not be used immediately after surgery until your post-operative appointment unless specifically instructed otherwise. Please contact the office if there is any question. If you have been provided a “flipper” replacement tooth it should not touch the gums in the area of the surgery. If it does, this can cause breakdown of the wound. This can lead to loss of the graft. If you have questions about the fit of your flipper, partial or complete denture, do not wear it until your general dentist or one of our surgeons can see you.