

Post-Operative Surgical instructions for Sinus Elevation/Augmentation

Medications/Prescriptions

The local anesthetic will wear off within ½ hour-4 hours following surgery.

If an antibiotic is prescribed, it is to be taken until finished. Pain medication is to be taken as instructed on the bottle. If you were sedated today, please wait until tomorrow to begin prescribed narcotic pain medication. You may take Advil or Tylenol today. No driving, working, school or drinking alcohol while taking narcotic pain medication. It is important to take your pain medication prior to discomfort. Not eating can cause nausea and vomiting. Please be sure to eat prior to taking pain medication. If you develop a rash, itching, difficulty breathing, wheezing, nasal congestion or swelling around the eyes not related to the surgery stop taking all medication and notify our office immediately.

ATTENTION FEMALE PATIENTS: If using birth control pills, please be advised that if the doctor prescribes the use of antibiotics, an alternative form of birth control must be used during that entire cycle.

BLEEDING

Gauze was placed over the surgical site so that it serves as a pressure bandage when you bite down. We recommend leaving it in place until the numbness from the local anesthetic wears off and brisk oozing does not occur when the gauze is removed. Replace the gauze, by lightly moistening the gauze with cold water and replace every hour if needed. Remove the gauze when eating, drinking or taking medications. Discontinue the gauze when the bleeding has slowed sufficiently or stopped. A small amount of oozing is normal. Pink or blood-tinged saliva may be present for 24-48 hours. You may wish to cover your pillow with a towel to avoid staining. Rest with head elevated on 2 or more pillows for the first day. Excessive bleeding can be controlled by placing a moistened tea bag over the surgical site for 1 hour while applying pressure.

EATING

No straws for 7 days, cold and soft foods for the first 24 hours. Suggestions: ice cream, Jell-O, pudding, yogurt, cottage cheese, milk shakes, applesauce. For the next four days, following a soft diet such as eggs, mashed potatoes and pasta. Drink more fluids than you usually would. No alcoholic or carbonated beverages for 4 days after surgery. This is not the time to lose weight; proper nutrition is necessary for healing.

RINSING

Avoid vigorous rinsing, spitting and mouth washes for the first 24 hours as it may prematurely dissolve the blood clot. After 24 hours, begin gently rinsing with warm salt water (1/2 teaspoon salt in an 8oz glass of warm water) after meals and before bedtime for 2 weeks.