



SINUS LIFT SURGICAL INSTRUCTIONS

Do NOT eat anything until the anesthesia wears off, as you might bite your lips, cheek, or tongue and cause damage to the surgical area(s). You will probably have some discomfort when the anesthesia wears off; you can take a non-aspirin pain medication(s) as directed, whether it is prescribed or over-the-counter. You may have been given a prescription for a stronger pain reliever that may be filled at any pharmacy.

Nose bleeds may occur after the surgery; these will stop in a few days. Please do NOT blow your nose. You can use tissue to wipe your nose. Please try NOT to sneeze. If you need to sneeze, do NOT squeeze your nose and keep your mouth open! For sinus decongestants, you may use an over-the-counter medicine and follow the instruction on the box.

An antibiotic has been prescribed to prevent or minimize infection. Please take the antibiotics as instructed until all tablets / pills are finished.

Discomfort:

Slight swelling of the operated area, bruising and chapped lips may occur, this is very common.

A reusable ice bag or a frozen vegetable bag, wrapped in a soft towel, may be applied to the area of surgery to help minimize the swelling of your face. Alternating 20 minutes on and 20 minutes off will usually be adequate during the first 24-48 hours after surgery. Keeping your head elevated above your heart will also help. One to two days after surgery, moist heat will help resolve minor swelling. Major swelling should be reported to the doctor at once.

You may experience some tooth sensitivity after surgery, especially to cold. Sensitivity usually decreases within several weeks after surgery and can be minimized by keeping the area as free of plaque as possible. If the sensitivity is extreme, contact the doctor for recommendations or medications to relieve the discomfort.

Minor bleeding, such as a pinkish tinge to your saliva, may occur during the first 48 hours following surgery. Avoid extremely hot foods for the rest of the day and do NOT rinse out your mouth, as these will often prolong the bleeding. If bleeding continues, apply light pressure to the area with a moistened gauze or moistened tea bag. Keep in place for 20-30 minutes without looking to see if bleeding has stopped. (NO PEEKING!) If bleeding increases or occurs past the initial 48 hours, please call our office as soon as possible to notify the doctor and receive further

instructions. Avoid any strenuous physical activity for the next 2-3 days to prevent or minimize severe bleeding.

As far as eating and drinking, we will provide you with a separate food list. Taking care to avoid the surgical area(s) when chewing is very important to insure adequate healing of the surgical site(s). Chew on the opposite side and do NOT bite into food if the procedure was done in the front of the mouth. Avoid alcohol (even beer and wine) and smoking until after your post-operative appointment. Smoking is not advised during the 7-14 days following surgery.

Homecare:

Maintain normal oral hygiene measures in the areas of your mouth not affected by the surgery. In areas where there is dressing, lightly brush only the biting surfaces of the teeth. After you have eaten or you have snacked, please use lukewarm salt water rinse 4-6X a day; 30 seconds of swooshing with each use. Vigorous rinsing should be avoided!

Please do NOT play with the surgery area with your fingers or tongue. Do NOT pull up or down the lip or cheek to look at the area and do not have someone else look at the area.

Try to relax and practice the best oral hygiene possible and your healing should progress well. If you have any questions please call our office at (509) 489-6850 or if it is after hours, you may call Dr. Aeschliman on his cell phone at (509) 389-1405.