

BELMONT PERIODONTICS, P.C.

Practice Limited to Periodontics, Dental Implants, & Oral Diagnosis

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POSTOPERATIVE INSTRUCTIONS FOLLOWING SINUS GRAFTING

The following information has been prepared to help answer the many questions you may have regarding the surgical procedure which has just been performed.

- ❑ Do not blow your nose.
- ❑ If you must sneeze, do so with your mouth open to avoid any unnecessary pressure.
- ❑ Avoid taking in liquids through a straw to avoid any unnecessary pressure.
- ❑ Minor transient bleeding from the nose is common.
- ❑ The presence of small bone particles in the mouth is common and not of concern.
- ❑ Minor swelling may follow your surgical procedure. This swelling usually peaks at 48 hours post-operatively. To prevent or minimize swelling, it is advisable to place an ice pack over the area for the next two hours after the appointment. Crushed ice in a zip-lock plastic bag works well. Place on the cheek near the surgical site for 20 minutes, then off for 15 minutes, then on again, and so on. Call this office if swelling around your jaws increases greatly.
- ❑ It is not unusual to have a certain amount of discomfort for a day or two following your surgery. In many instances, two *Tylenol* or *Advil* tablets taken every 4 hours, but not more than 10 tablets daily, will be sufficient to relieve discomfort. It is best not to take aspirin, as it can interfere with blood clotting. If necessary, you will be given a prescription for a more potent medication to allow for a mild postsurgical recovery period. Take as directed on the label. If significant discomfort persists, please contact Dr. Orr.
- ❑ Make sure you faithfully take your entire antibiotic prescription as directed.
- ❑ If you feel congested, you may use antihistamines or decongestants. Over the counter products such as Sudafed, Tavist-D, or Dimetapp work well. Avoid any non-saline nasal sprays.
- ❑ Avoid pulling on the lips to peer at the wound site, as this can tear delicate sutures.
- ❑ Please do not smoke – this greatly inhibits proper healing.