

**Taraneh Naghieh DMD**

## **Post-Operative Instructions for Sinus Elevation Procedure**

2. Mild discomfort is readily controlled with Ibuprofen or Tylenol. A prescription will be given in case of more moderate discomfort, please take as directed.
3. Nourishment is important for the healing process. Eat foods that are easy to chew, and supplements such as protein shakes may be used as needed. **Do not rinse heavily, swish, or drink from a straw for the first 24 hours after surgery.** In order to avoid an upset stomach, you should keep food in your stomach at all times.
4. You may chew slowly on the opposite side of your mouth from your surgical site, but you should avoid hard foods that require heavy pressure for chewing. You should avoid alcoholic beverages if you are taking sedative or narcotic medications.
5. Avoid excessive exertion of any type including cardiovascular exercise for 24 to 48 hours after the surgery.
6. In some cases, you may experience puffiness or swelling. Swelling is often delayed until 24 to 48 hours after surgery. You can expect that 48 hours after the surgery your swelling will peak and then begin to dissipate. Any swelling may be kept to a minimum by holding an ice-pack on the outside of your face, adjacent to the treatment area, for the first two to three hours after your surgical visit – 20 minutes on, 20 minutes off. Stop icing 24 hours after the surgery.
7. You may notice some pink-tinged in your saliva, this is normal for the first 24 hours after the surgery. If some bleeding continues, rinse gently with ice water, then take a piece of gauze or a dry tea bag and cover the area and apply pressure for 10 minutes on, 10 minutes off. If bleeding does not stop, please contact Dr. Naghieh.
8. Do not use a toothbrush on the surgical site. Brush and floss the other areas of your mouth very gently. If you develop an unpleasant taste in your mouth, you may rinse gently with Peridex (Chlorhexidine Gluconate) oral rinse if it was prescribed to you. Do not rinse heavily unless it is more than 24 hours after your surgery.
9. Rinse twice a day with Peridex oral rinse, after 24 hours of the surgery.
10. Avoid aggressive pressure from your nose; nose blowing should be cut down to the bare minimum for 4 weeks after the surgery.
11. If you find that you are having to blow your nose within the four weeks post-surgery visit, please take an over the counter Antihistamine (nothing into the nose area, only oral medications). If over the counter antihistamine doesn't work, please call Dr. Naghieh and she will prescribe you an antihistamine.
12. Avoid aggressive sneezing; try to muffle your sneezes. The less pressure in the sinus area the better for four weeks.
13. Please take your prescribed antibiotic until it is completely finished.
14. If you are currently taking oral contraceptive medication please beware that any antibiotic taken can interfere with the birth control for one full cycle.
15. Arnica Montana (5 tablets or pills under tongue 3 times per day) and Pineapple juice to speed up healing process.
16. If you have any questions or concerns please call our office at 617-484-0475.
17. In case of an emergency after hours please contact Dr. Naghieh on her cell phone at 617-823-0199.

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