

## Post-Operative Instructions for Sinus Elevation Procedure

1. Mild discomfort is readily controlled with ibuprofen or acetaminophen. A prescription will be given in the case of more moderate discomfort.
2. Nourishment is important for the healing process. Eat foods that are easy to chew; 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 post-surgery.** In order to avoid an upset stomach, you should keep food in your stomach at all times.
3. 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.
4. Avoid excessive exertion of any type including cardiovascular exercise for at least 48 hours after the surgery.
5. 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.
6. You may notice some pink-staining in your saliva, this is not unusual for the first 24 to 48 hours post- surgery. If some bleeding continues, rinse gently with ice water, then take a piece of gauze or a damp 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.
7. Do not use a tooth brush 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 Chlorhexidine Gluconate 0.12% oral rinse if it is prescribed to you. Do not rinse heavily after your surgery.
8. 24 hours after the surgery, begin rinsing twice a day with Chlorhexidine Gluconate 0.12% oral rinse, if it is prescribed to you.
9. Avoid aggressive pressure from your nose; blowing of the nose should be cut down to the bare minimum for 4 weeks after the surgery.
10. Avoid aggressive sneezing, the less pressure in the sinus area the better for four weeks.
11. Please take your prescribed antibiotics as directed and until it is completely finished.
12. If you are currently taking oral contraceptive medication please beware that some antibiotics can interfere with the birth control pills for one full cycle.
13. Arnica Montana (5 tablets or pills under tongue 3 times per day) and pineapple juice may help with the healing process.
14. If you have any questions or concerns please call our office at 617-484-0475.
15. In case of an emergency after hours, please contact Dr. Naghieh on her cell phone at 617-823-0199.

**Belmont Periodontics, P.C.**

**18 Moore Street • Suite 300 • Belmont, MA 02478-2525**

**Phone: 617.484.0475 • Fax: 617.484.3233 • Email: [info@belmontperiodontics.com](mailto:info@belmontperiodontics.com)**