

## **POST-OPERATIVE INSTRUCTIONS FOR MAXILLARY SINUS LIFT SURGERY**

### **Prescriptions:**

Take the following prescriptions as prescribed:

- 1 a. Amoxicillin 500 mg- Take two tablets one hour prior to surgery, then one tablet four times daily until gone
- 1 b. Zithromax 250 mg [Z-Pak] (for patients allergic to Amoxicillin) - Take two tablets day before surgery, then 1 tablet per day until gone. Take one "hour before meals or two hours after meals.
2. Medrol Dose Pack - Take as directed on package
3. Peridex or Periogard - Beginning tomorrow, gently rinse with 1/2 ounce for 30 seconds in the morning and at bedtime after brushing and flossing

### **Over the Counter Medications:**

1. Ibuprofen 200 mg (Motrin, Advil) - Take 4 tablets one hour prior to surgery, then 4 tablets after surgery, then 4 tablets three times a day for 3 days
2. Sudafed or Co-Advil 30 mg- Take one tablet three times per day for three days, starting the day of surgery
3. Afrin or Vicks Nasal Spray - Use, if needed, for no longer than three days

### **Precautions:**

- Do not blow your nose!
- Do not rinse your mouth forcefully.
- Do not smoke or use smokeless tobacco (for at least one day after surgery; two weeks is preferred)!
- Do not use a straw to drink liquids!
- Do not pull up your lip to look at stitches! Do not play with your sutures!
- If you must sneeze, do so with your mouth open (avoids unnecessary pressure on the sinus)
- It is not unusual to feel small granules of graft material in your mouth. You may have some bleeding from your nose. This is not uncommon and it will pass quickly.

**Ice Pack:**

Apply an ice pack to your face over the area operated on, using it for 15 minutes and then leave it off for 15

minutes. This regiment can be used during the first 24 hours. It may help to reduce swelling or pain, although slight swelling, discomfort and discoloration are normal.

**Chewing:**

Chew on the opposite side of your mouth. You should avoid hard foods that require heavy pressure for chewing. To avoid an upset stomach, you should keep some food in your stomach at all times, such as one of these suggested below:

Milk, Bread, Cereals, Eggs, Broth, Soups, Banana, Custard/puddings, Mashed potatoes, Jello, Juices, Ground meat, Ice Cream/Shakes, Soft cheese, Diet concentrates .

**Blood Stains:**

You should recline during the first 3-4 hours, keeping your head elevated to reduce possible bleeding. There may be a small amount of blood in the saliva for a few hours after the surgery; this is normal. If bleeding continues use the additional gauze from the packet given to you. Fold gauze into a pad, dampen the pad, and then place it directly over the spot that is bleeding and apply pressure by biting firmly for 1 hour. This may need to be repeated. A tea bag dipped in ice cold water may also be used in place of the gauze for persistent bleeding. If bleeding continues, call the office.

**Toothbrushing:**

Do not use your toothbrush or dental floss on the area that was operated on for one week.

**Activity and Exercise:**

Since you have had a surgical procedure, you should go home and limit your activities for the remainder of the day. Casual walking is OK. Avoid aerobic and strenuous exercise for 48 hours. Remember to lay with your head elevated with at least 2 pillows.

## POST-OP CARE FOR SINUS PERFORATION ( If applicable)

The surgery which you just received has left a communication between the mouth and the sinus cavity. This sinus is a large, hollow space in the upper jaw, usually lying just above the roots of the back teeth. However, some of the roots or infections involving the roots extend into the sinus. There is a connection between the sinus and the respiratory (breathing) system. This is usually why many people have sinus trouble when they "catch a cold." This perforation or opening results in a direct communication between your mouth and your sinus through the socket from which your tooth was extracted.

We have taken certain measures to allow this perforation to heal. It will usually heal with no problems as long as the sinus doesn't have a previous infection or inflammation. However, there are some precautions you must take so as not to disturb the healing process.

1. DO NOT disturb the blood clot in the socket from which the tooth was removed. This clot is what closed the perforation.
2. DO NOT blow your nose. This will cause pressure and force the clot out of the socket.
3. Avoid anything that will cause you to sneeze or cough. Sneezing and coughing cause the same problems as blowing your nose. If you must sneeze or cough, do so with your mouth OPEN. This will allow the pressure to go out through your mouth instead of your sinus.
4. Avoid smoking. If you must smoke, do not blow the smoke through your nose, and take very light drags on the cigarette.
5. Take all the medications prescribed to you. It is meant to prevent infection, inflammation, pressure and pain *in* the sinus.
6. DO NOT be alarmed if you find blood in your nose. This may happen occasionally since the nose *is* connected directly to the sinus.

*In case of an emergency, contact the office.*