

Post-Operative Instructions Following Sinus Grafting.

With the surgery you have just completed, bone graft material was placed below the sinus cavity. This sinus is a large hollow space in the upper jaw, usually lying just above the roots of the back teeth. We made an access hole from your cheek bone into the sinus to place the graft. The membrane can be inflamed. The opening resulting from a sinus graft procedure has been covered by a dissolvable barrier.

We have taken certain measures to allow this window 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. Ice 10 minutes on, 10 minutes off for the first 2 hours. Feel free to repeat up to 24 hours.
2. DO NOT smoke, **SMOKING HAS DETRIMENTAL EFFECT ON HEALING.** Drink alcoholic or carbonated beverages, and drink through a straw, rinse, brush gum tissue or floss the surgical area for the first two weeks. You may brush and floss all your other teeth per your oral hygiene routine.
3. DO NOT do any strenuous activities that could increase your heart rate during the first 5 days after surgery was completed (running, hiking, speed walking, working out, lifting heavy things etc.). You may walk at a normal pace the first 2 days. After 2 days you may begin your normal daily activities.
4. For first 2 WEEKS you want to avoid eating hard, tough, or rough foods (chips, popcorn, nuts, and steak). It is best to chew in areas of the mouth where surgery was not performed.
5. DO NOT blow your nose. This will cause pressure into the sinus.
6. Avoid anything that will cause you to sneeze or cough. Sneezing and coughing cause the same problem as blowing your nose. If you must sneeze or cough, do so with your mouth **OPEN**.
7. Take the medications that have been recommended to you. In addition, you will also need to take Zyrtec, 1 tablet at night for 10 days.
8. DO NOT be alarmed if you find blood in your nose. This may happen occasionally since the nose is connected directly to the sinus.
9. DO NOT fly 5-7 days after the surgery.
10. If you should ever experience a swelling of your throat or difficulty breathing, or anything else life threatening, go to an emergency room or call 911 immediately.

If you have any questions or concerns, please do not hesitate to call us.

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