Sinus Lift Surgery: Post-Operative Instructions

Patient Name: _____

Date of Procedure: _____

1. Immediate Care

Keep the gauze pad in place with firm pressure for 30 to 60 minutes. Do not spit, use straws, or smoke, as this can dislodge the blood clot and affect healing.

2. Sinus Precautions (Very Important)

- Do NOT blow your nose for at least 14 days.
- If you must sneeze, do so with your mouth open to prevent pressure buildup in the sinus.
- Avoid playing wind instruments or blowing up balloons.
- Avoid heavy lifting or bending over where your head is below your heart.

3. Bleeding and Swelling

Slight bleeding or pink saliva is normal for 24 hours. If heavy bleeding occurs, bite on a fresh gauze pad for 30 minutes. Apply an ice pack to the side of your face in 20-minute intervals for the first 48 hours to minimize swelling.

4. Pain Management

Take prescribed pain medication before the anesthesia wears off. If no specific medicine was prescribed, you may take over-the-counter Ibuprofen or Acetaminophen as directed by your doctor.

5. Oral Hygiene

Do not brush the surgical site for the first 48 hours. Afterward, brush other teeth gently. You may be prescribed a chlorhexidine mouthwash; use it as directed. Do not rinse vigorously.

6. Diet

Stay hydrated with cold liquids. Eat soft foods (yogurt, pudding, mashed potatoes, lukewarm soup) for the first few days. Avoid crunchy, spicy, or very hot foods until the site has healed.

7. Medications

Antibiotics: If prescribed, finish the entire course even if you feel fine.
Nasal Decongestants: Use as directed to keep the sinus passages clear.

8. When to Call the Office

- Uncontrolled bleeding.
- Severe pain that medication does not help.
- Sudden increase in swelling after the third day.
- Feeling of granules (bone graft material) coming out of your nose.
- High fever or chills.

Doctor's Signature: _____

Emergency Contact Number: _____