



## OLNEY CENTER

— For Oral & Maxillofacial Surgery —

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*Diplomate American Board of Oral & Maxillofacial Surgery*

### **SINUS LIFT POSTOPERATIVE INSTRUCTIONS**

- Take all medications as prescribed including the antibiotic until it is ALL gone.
- If you have any unusual reactions to the medications, please call the office immediately.
- Avoid blowing the nose for 14 days after sinus surgery and use a nasal decongestant.
- Minor traces of blood from the nose for several days are normal. If heavy nose bleeds develop or bleeding persists, please call our office immediately.
- Avoid any activity that will increase sinus pressure such as sneezing, strenuous exercise, lifting or bending. If you must sneeze, sneeze with your mouth open as this will avoid pressure within your sinus.
- If sutures were placed, they will dissolve within 5-10 days. Please avoid unnecessary contact with sutures until they dissolve.
- Starting the next day, brush your teeth gently taking care to avoid the surgical areas until it is healed. Also gently rinse with warm salt water and the prescribed mouth rinse twice daily for 2 weeks.
- NO heavy rinsing and NO spitting for 10 days.
- Do not apply pressure with your tongue or finger in the grafted area. Do not pull your lip back to look at the sutures as this can cause damage.
- Avoid hard or crunchy foods for 14 days.
- After surgery, avoid smoking for as long as possible but no less than 7 days.
- If you are taking birth control and were prescribed antibiotics, please inform the doctor or staff as it may interfere with its effectiveness.

#### **CALL THE OFFICE 301-924-2155, IF YOU EXPERIENCE:**

- Excessive discomfort not controlled by the pain medication.
- Bleeding that is not controlled by the gauze or tea bag.
- Increased swelling or fever above 101 degrees after the fourth day.
- Any questions related to the surgery.