

Post-operative Instructions: Sinus Lift

➤ Sinus Lift Protocol

- The maxillary sinus is an air cavity behind your cheekbone that communicates with your nose. It has a paper-thin lining that was lifted to create more bone to support dental implants.
- You were prescribed antibiotics to decrease the chances of a post-operative infection. Sudafed is recommended to decrease sinus inflammation. If you must sneeze, use an open mouth to avoid sinus pressure. Some drainage and/or minor bleeding from your nose is normal.

➤ Right After Surgery

- Please do not smoke after surgery! It delays wound healing. Smoking increases the risk that your procedure may fail. Alcohol consumption should be minimized, especially if you are taking Tylenol/acetaminophen as part of your pain control regimen.
- Cold or ice packs applied to your face with steady pressure will decrease swelling and pain. Apply 15 min on, 15 min off.
- Rest and light exercise are good, but avoid heavy exertion and keep your head elevated to minimize bleeding and swelling.
- It is very tempting to play with suture tails with your tongue. Leave the stitches alone so they do not fall out too early.

➤ Medications

- To manage pain & swelling take ibuprofen 600mg + 500mg acetaminophen (Tylenol) every 4-5hr, unless you have a medical reason you cannot take NSAIDs.
- If prescribed a rescue opioid, take as needed without changing the Tylenol+ibuprofen regimen.
- Maximum daily dose: Do NOT exceed total of 3,200 mg Tylenol or Ibuprofen per 24hr to avoid organ damage.

➤ Diet

- Soft foods - Avoid hard or crunchy foods (popcorn, chips, cereal, candy, seeds, nuts, etc.).
- Balanced nutrition is important for good recovery. What can you eat?
- Smoothies, soups, oatmeal, yogurt, eggs, tofu, soft meatloaf, soft noodles, mashed potatoes, hummus, cottage cheese, boneless/soft fish, avocado, bananas, applesauce, soft ice cream, etc.
- Stay hydrated after surgery. Avoid very hot liquids. Warm is OK. Avoid sucking through a straw the first few days.

➤ Oral Hygiene

- Continue to brush and clean between the teeth but avoid the surgical area until your follow-up appointment.
- Gently swish with the chlorhexidine rinse for 30-60 sec AFTER brushing, then spit. Then don't eat for at least 30 min.
- Please continue your professional maintenance program uninterrupted. Your hygienist will be careful with the surgical site. The rest of your mouth still needs the regular professional cleaning

➤ You May Experience

- Minor bleeding that gives saliva reddish color. You may want to cover your pillow with a towel the first night. A little bleeding is normal. It usually stops when you place a wet gauze or wet paper towel and hold pressure. A wet tea bag (black) held against the bleeding site can also help a clot to form. Call Dr. Tullis if you have heavy bleeding that does not stop after holding pressure.
- Swelling is normal but should decrease after a few days. Bruising on your face may occur.

For further questions, call Dr. Tullis at (719) 475-9023 (business hrs). Your take-home packet has Dr. Tullis' cell number in case of emergencies.