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SINUS LIFT GRAFT

Post-Operative Instructions

Why do I need a Sinus Graft?

Maxillary sinuses are pyramid-shape cavities within the skull between the upper jaw and orbits. They are lined with a thin membrane and filled with air. When teeth are lost in the back part of the upper jaw, bone often becomes thin as sinuses enlarge.

The Sinus Lift procedure replaces deficient bone height in the area of your first and second molars and occasionally second premolar. Without this important procedure, there would be insufficient bone height to support dental implants.

Graft materials for sinus lifts are bone derived minerals or synthetic minerals. Bone derived minerals may come from your own bone (autogenous graft), another human (allograft), or cow (xenograft). Major Dental Implant Surgicenter does not use cadaver bone for any form of bone grafting. Autogenous, bovine and synthetic grafts are performed in respect of patient's safety high success rates. If autogenous bone was utilized you will have two surgical wounds: the donor site and the recipient site.

After the Sinus Graft

DO NOT UNDER ANY CIRCUMSTANCES BLOW YOUR NOSE FOR THE NEXT FOUR (4) WEEKS.

Anything that may increase pressure in your nasal cavity must be avoided.

- Do not blow your nose or sneeze holding your nose.
- Flying in pressured aircraft may also increase sinus pressure and should be avoided during the first four weeks after surgery.

- Scuba diving must be avoided for at least the first three months after surgery.
- Exercise: take a break for a minimum of 1 week, do not bend down or lift heavy objects, as this may produce nose bleeding.
- Play: Avoid playing musical instruments that require a blowing action or any other activity.
- Sleep: it is recommended to keep your head elevated during sleep by using extra pillow. It is not uncommon to see a drop of blood on your pillow the first night after the procedure. In case of spontaneous nose bleeding please contact our office immediately.

Decongestants may sometimes be prescribed to help reduce pressure in the sinuses, if necessary.

Antibiotics

Be sure to take the prescribed antibiotics as directed to help control bacteria and expedite the healing process. Antibiotics are usually prescribed for 7 days after the surgery.

Controlling Pain

Be sure to take pain medications. Two types of pain medications are usually prescribed to keep you comfortable:

- NSAIDs – medications used to reduce inflammation and pain such as Ibuprophen or Tylenol. Those medications are used to treat light to moderate pain.
- NARCOTICS– eg. Vicodin, Norco, Percocet. These medications are used to treat moderate to severe pain. Narcotic medications should only be used as backups. Be sure to read instructions and side effects before taking them. These medications can make you sleepy, dizzy, impair your coordination and judgment, therefore, do not operate machinery, do not drive, or make important decisions.

It is recommended to take NSAIDs as prescribed every 4-6 hours as prescribed during first 24h after the surgery, including during the night. Set the alarm clock and take your medications regularly. After 24 hours, start observing the pain and take pain medications as needed.

Oral Hygiene

It is important to keep your mouth clean after surgery to reduce the risk of infection and promote rapid healing.

Patients with teeth:

- Begin careful tooth brushing with a soft bristle brush and tooth paste. Floss on the evening of surgery or the first post-operative day and continue and continue flossing at least twice a day.
- Please brush very gently, particularly near the surgical area. **DO NOT BRUSH OVER THE SUTURES.**
- Use less toothpaste and do not swish when rinsing the mouth.
- Do not use any commercial mouth rinses for the first 4 weeks after surgery.
- Begin using the Peridex (chlorhexidine), begin rinsing 3 days (72 hours) after the surgery, 2-3 times daily after brushing. Place rinse in your mouth, do not swish, move the liquid by tilting your head for one minute then spit out. Do not eat, drink or rinse your mouth immediately after using Peridex. NOTE: you may observe staining of teeth after using Peridex. Brush your teeth carefully; the stains are superficial and not permanent.

Patients without teeth:

- Remove your denture for home hygiene only on the evening of the surgery.
- Begin careful brushing of gums with a soft bristle brush everywhere but the sutured area. **DO NOT BRUSH OR CLEAN OVER SUTURES.**
- Do not swish.
- Brush your denture 2-3 times daily using liquid soap and water, rinse clean. You may also use denture cleanser tabs to keep the dentures clean.
- Do not use any commercial mouth rinses for the next 4 weeks.
- Begin using the Peridex (chlorhexidine), begin rinsing 3 days (72 hours) after the surgery, 2-3 times daily after brushing. Place rinse in your mouth, do not swish, move the liquid by tilting your head for one minute then spit out. Do not eat, drink or rinse your mouth immediately after using Peridex. NOTE: you may observe staining of teeth after using Peridex. Brush your teeth carefully; the stains are superficial and not permanent.

Diet

- Food:
 - o 1. Eat soft foods for the first several days after surgery. Move to a regular diet as swelling diminishes and you become more comfortable.
 - o 2. Avoid chewing or creating pressure on the bone graft site.
 - o 3. Avoid hot meals for the first 24-48h (warm is ok)

- Drink:
 - o 1. Drink enough water after the surgery.
 - o 2. Avoid hot drinks such as sipping on hot coffee or tea (warm is ok).
 - o 3. Avoid drinking alcoholic beverages during the first week after surgery.

DO NOT SMOKE for at least three weeks following surgery. If possible, please discontinue smoking during the entire six month healing period. Smoking increases the risk of bone graft failure.

Wearing your Prosthesis

We understand how important it is for our patients to be able to wear their temporary teeth as soon as possible after surgery. All removable appliances, including partial dentures, flippers and full dentures, must be checked for proper fit by a prosthodontist at **Major Dental Clinics of Chicago** before they are worn. These appliances can transmit pressure to the bone graft site, which can interfere with bone graft healing, and result in bone graft failure.

In some cases it may be necessary to go without wearing the temporary teeth for a few days until swelling resolves and some healing takes place. In most cases, partial dentures, flippers, or full dentures should be used only for cosmetic purposes, not for chewing. They should be worn only in public when required and removed in the privacy of your own home. Your dentist will instruct on the use of denture adhesives.

What to expect

- **Swelling:** Swelling should reach its peak approximately 72 hours after surgery. After 72 hours, the swelling should slowly begin to improve. If swelling continues to increase after 72 hours, please call the office.
- **Fever:** A low grade fever during the first 24 hours after surgery is not uncommon. If your fever persists for more than 24 hours, or you develop a fever of 101 or higher at any time, please call the office immediately.
- **Bleeding:** It is not unusual to experience a small amount of bloody discharge or clotted bloody discharge from the nostril on the side of surgery. This may occur at any time during the first week after surgery and may persist, on and off, for several days. If you experience continuous or large amounts discharge from the nose, please call the office.
- **Headaches:** It is not uncommon to experience pressure radiating to your temporalis area and the forehead. If you experience severe or persistent sinus or nasal congestion, please let us know.
- **Bruising:** although very rare, it is possible to see a bruise on the side of the cheek, below the eyes.

Please review our [General Post-Operative Care Instructions](#) for additional helpful information.

It is our desire that your recovery be as smooth and as pleasant as possible. If you have any questions about your progress please call the office. Please try to call during regular office hours; however we have coverage 24 hours a day, 7 days a week.

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