



POST OPERATIVE INSTRUCTIONS

CARE OF YOUR MOUTH FOLLOWING SINUS LIFT and/or RIDGE AUGMENTATION

1. **Discomfort:** The amount and duration of discomfort one should expect is very unpredictable. Some discomfort will usually be present for 7-9 days and may not start until the second or third day due to increased swelling. Take the medication prescribed as needed for discomfort. Stop taking if nausea occurs. Take medications with food and/or 8 ounces of water to reduce stomach upset. If narcotics are prescribed, do not drive while taking.
2. **Swelling:** Significant swelling and bruising may follow your surgical procedure. To help reduce swelling, we recommend that you place an ice pack over the area, 15 minutes on and 15 minutes off, for the next 2 to 4 days or until swelling subsides. You should also elevate your head with pillows or use a recliner. It could take 3-4 days for the swelling to peak. We recommend that you avoid all strenuous exercise and heavy lifting for the first 5 to 6 days. If you have undergone a sinus lift graft, avoid blowing your nose and sneezing for two weeks. You may need to take an over the counter non-drowsy decongestant such as Sudafed or Afrin to dry up the nasal cavity.
3. **Bleeding:** A slight oozing of blood will appear in your saliva for several hours after surgery. This will almost always stop without attention. If excessive or continuous bleeding occurs:
 - *discontinue all rinses
 - *sit in an upright position
 - *apply a moistened tea bag with gentle pressure to the immediate area for twenty minutes (repeat as necessary)
 - *If bleeding continues, do not hesitate to call our office.

It is not uncommon for a nosebleed to occur. If you get a nosebleed, sit down and lean slightly forward. Keeping your head above your heart will make your nose bleed less. Lean forward so the blood will drain out of your nose instead of down the back of your throat. If you lean back, you may swallow blood. This can cause nausea, vomiting and diarrhea. Use your thumb and index finger to squeeze together the soft portion of your nose. This area is located between the end of your nose and the hard, bony ridge that forms the bridge of your nose. Keep holding your nose until the bleeding stops. Continue to hold for at least 5 minutes.

4. **Plaque Control and Rinsing:** Starting the night of your procedure, rinse your mouth with the chlorhexidine mouthwash 2 to 3 times per day. You can brush, floss and irrigate all the uninvolved areas of your mouth normally. You will not brush the surgical site for two weeks, RINSE ONLY. After two weeks your sutures will be removed. You will then be able to start gently brushing the surgical area.
5. **Fever:** A slight fever is common after a surgical procedure. It may last a day or so. Fever may be caused by inadequate fluid intake as well. If excessive or at all questionable do not hesitate to phone our office.
6. **Smoking:** Smoking will definitely slow healing and should be avoided or reduced. Smoking is harmful to the success of this operation. We recommend stopping for 2 weeks before surgery and not smoking until completely healed. We can assist you in many ways to help fight the craving. Since smoking depletes Vitamin C, we recommend a Vitamin C supplement of 500mg per day.

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7. **Diet:** We recommend soft foods such as eggs, ground meat, cottage cheese, pasta, fish, soups, milkshakes, mashed potatoes, instant breakfast, bananas, Jell-O, and ice cream.
8. **Questions:** If you have any further questions or concerns, Dr. DeTure and his staff are available for you. The office number is 954-427-5700. You may feel comfortable calling Dr. DeTure on his mobile phone at 954-599-6425.