



Dr. Gordon Green
Dr. Brooks Green
Dr. Nichole Barnett
147 E. Broad Street
Lyons, IN 47443
812.659.2111

Post-Operative Instruction for Sinus Grafting Surgery

A certain amount of swelling, pain and bleeding is normal.

The following instructions are provided to make your postoperative recovery period as short and pleasant as possible.

You will be having a Sinus Lift if the area in the upper jaw that you are to have an implant(s) currently has insufficient bone because of an enlarged sinus. This procedure will augment the deficient area in the maxillary sinus. The bone that is being grafted will most commonly be coming from freeze dried bone and artificial synthetic bone. Other sites may be used for donation of your own bone as previously discussed with you by our doctors. Because of this you may have two post-surgical wounds: The donor site and the recipient site.

DO NOT UNDER ANY CIRCUMSTANCES. BLOW YOUR NOSE FOR THE NEXT FOUR (4) WEEKS. This may be longer if indicated. You may sniff all you like but **NO BLOWING.**

Bite down and maintain firm pressure on the gauze pack that was placed at the end of your surgery. There may be two areas of gauze in your mouth. Do this for at least 30 minutes. At that time remove the pack and replace it with another gauze sponge as provided. Repeat this as necessary. There should not be excessive bleeding. Bright red blood rapidly pooling in the area is not normal. If this occurs and does not decrease with pressure please call the office immediately. There may be a small amount of nasal discharge. It may be clear or lightly bloody. Excessive bleeding from the nose should be reported immediately.

If you were asleep for the surgery be sure to eat a soft nutritious food prior to taking any medications. This will decrease the chances of post surgical nausea. You were prescribed an antibiotic prior to surgery this should be continued until all the pills have been taken. You were prescribed a decongestant; take this until it is all gone. Take your pain medications as needed in accordance with the directions. Codeine, hydrocodone or Demerol can be supplemented with Advil or ibuprofen type medications. Be sure you have no allergies that the doctor does not know about.

Do not rinse or spit for a minimum of 72 hours and longer if possible. This tends to disturb the blood clot and can prolong bleeding, open the wound and slow healing. There should be no blood in your mouth.



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Saliva can be swallowed. Do not brush your teeth next to the surgery site for 48 hours or only brush in areas away from your graft surgery. When expectorating, BE GENTLE. If you used a prescribed mouthwash prior to surgery, it should be continued starting 24 hours after your surgery. Place the mouthwash in the area of the surgery and let it sit 30-60 seconds. Do not rinse with it until after you have returned for suture removal.

Apply ice immediately in the areas where the surgery was done. Since your graft was in the upper jaw you can expect swelling and discomfort up into the nose and even under the eyes and cheeks. Bruising and discoloration is not unusual. Crushed ice or equivalent should be placed in a plastic bag then in a washcloth and placed on the face. Apply for 30 minutes, then off for 20-30 minutes. This should be done on a near continuous basis (or as much as possible) for the first 48 hours and longer if possible or if this helps reduce your pain.

Avoid excess activity. In addition, DO NOT SMOKE. Do not drink with a straw or drink carbonated liquids (minimum 3 days). Do not consume alcoholic beverages while taking your pain medication. SMOKING CAN CAUSE THIS PROCEDURE TO FAIL.

You will notice that you cannot see any new bone in your mouth as the gums covers the area. The area of the graft placement will feel full and tight. This is normal. Do not stretch your lip daily to inspect the area. This can cause wound breakdown.

If you have a temporary flipper or denture to wear do not place it until the numbness in the area is gone. You very likely may need to wait until the stitches are removed until your denture can be worn. When it is placed it should not touch the gums in the area of the surgery. If it does, this can cause ulceration of the wound edges and breakdown of the suture margins. If you have questions about the fit of your flipper or denture, do not wear it until our doctors or your referring dentist can see you.



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AFTER SINUS LIFT

The following information applies when upper jaw bone height or width have been lost. The graft is placed to help restore your jawbone in preparation for possible implant replacement of the missing tooth or teeth.

The bone that has been grafted is most commonly a particulate material packed within the sinus cavity. In general, this material is covered by your gum tissue and protected from the oral environment.

DO NOT UNDER ANY CIRCUMSTANCES. BLOW YOUR NOSE FOR THE NEXT FOUR (4) WEEKS. THIS MAY BE LONGER IF INDICATED. YOU MAY SNIFF ALL YOU LIKE BUT NO BLOWING.

Do not blow your nose or sneeze holding your nose. Sneeze with your mouth open. Do not drink with straws and do not spit. Decongestants such as Drixoral, Dimetapp, or Sudafed will help reduce pressure in the sinuses. You may also be given a prescription for antibiotics. Please take these as directed. Anything that causes pressure in your nasal cavity must be avoided. Avoid “bearing down”—as when lifting heavy objects, blowing up balloons, playing musical instruments that require a blowing action or any other activity that increases nasal or oral pressure. Smoking must be stopped.

Be sure to take the prescribed antibiotics as directed to help prevent infection.

ORAL HYGIENE

Do not rinse or spit on the day of your surgery. This tends to disturb the blood clot, open the wound and can prolong bleeding and slow healing. You should not have a significant amount of blood in your mouth. Saliva can be swallowed, even if slightly blood tinged.

Keeping your mouth clean after surgery is essential to reduce the risk of infection. Start salt water rinses the day following your procedure. Use one-half teaspoon of salt dissolved in an 8 ounce glass of warm water and gently rinse with portions of the solution, taking five minutes to use the entire glassful. Repeat as often as you like, but at least four to five times daily and always after eating for the next five days.

Do not brush the teeth in the area of surgery for 48 hours. When brushing, be very gentle. When expectorating, also be gentle.



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We may prescribe an antibiotic rinse (Chlorhexadine, Periogard, Peridex) for certain procedures. This rinse should be used in the morning and at bedtime after routine mouth care. Do not eat or drink or rinse your mouth after using the medicated rinse. Using this rinse more than two times a day will cause staining of your teeth.

SMOKING

Do not smoke for at least two weeks after surgery, if at all. As discussed at your consultation, smoking dramatically increases the risk of bone graft and sinus augmentation failure.

Partial dentures, flippers, or full dentures should not be used immediately after surgery until your post-operative appointment unless specifically instructed otherwise. Please contact the office if there is any question. If you have a temporary "flipper" to wear do not place it until the numbness in the area is gone. When it is placed it should not touch the gums in the area of the surgery. If it does, this can cause ulceration of the wound edges and breakdown of the suture margins. This can lead to loss of the graft. If you have questions about the fit of your flipper, partial or complete denture, do not wear it until your general dentist or our office can see you.

POST-OPERATIVE PROBLEMS OR COMPLICATIONS

As with any procedure, unexpected post-operative healing can occur. Let us know immediately if...

- You notice the unexpected flow of air or liquids between your mouth and nose
- You are aware of several small particles of graft material being discharged from your nose
- You experience sinus or nasal congestion on the side your surgery was performed
- There is an increase in swelling in your mouth, cheek or under your eye after 3 days