



**DO NOT smoke or use tobacco of any kind following surgery,
This WILL prolong healing.**

Medications

- If you took a SEDATIVE prior to your appointment, DO NOT drive for 24 hours.
- Antibiotic: It is important that you take this on time, and completely. (Failure to do so may result in infection)
- Pain Medication: Take your prescription immediately following dental surgery, then as prescribed for the first day. You may take the pain medication as needed thereafter.
- Mouth Rinse: 24 hours after surgery, gently rinse twice a day for 30 seconds. You may rinse between meals with warm saltwater.
- Decongestants: It is common to have some congestion following sinus lift surgery. Over-the-counter aids such as "Vicks" or "Afrin" nasal spray should help. If you must sneeze or cough, do so with an open mouth, and do not pinch your nose.
- Do Not Blow Your Nose!

Food

- Do NOT eat anything solid or hot while you are still numb (you could bite or burn yourself)
- Do NOT spit or suck for two days following surgery. (No straws, mints, hard candies, popsicles, cigarettes)
- Drink plenty of fluids
- Follow a soft, nutritious diet following surgery (Pasta, eggs, fish, soup, yogurt, canned fruits, cottage cheese, mashed potatoes, ice cream)
- Avoid until after suture removal: hard, crunchy foods and foods containing small seeds (Chips, apples, carrots, celery, lettuce, peanuts, popcorn, strawberries, hard meats)

What to Expect:

Discomfort

- Generally patients will have discomfort the first to third day, although this can vary from person to person. Keep up with the pain medication as needed.
- Some patients will have a slight headache due to TMJ (jaw joint) strain.

Bleeding

- Slight nasal bleeding for the first few days can occur. Apply gentle pressure to the nostrils and lie down with your head elevated until bleeding subsides.
- Typical site bleeding lasts 4-6 hours.
- You may experience some gritty granules in your mouth. This is normal and results from an overflow of graft material.
- It is NOT uncommon to experience oozing up to 24 hours following surgery.

- Remember, a small amount of saliva mixed with blood may lead you to believe that your bleeding is worse than it actually is.
- Use the gauze as needed, generally changing it whenever it is too moist, until bleeding stops.
- DO NOT pull on your lip or cheek when changing gauze.
- DO NOT press on the cheek bone area.
- DO NOT LEAVE GAUZE IN THE MOUTH WHILE EATING OR SLEEPING

Swelling or Bruising

- Considerable swelling is expected.
- Typically the worse swelling occurs on the third day, and then will gradually decrease.
- To help control the swelling, use a cold pack for 15 minute intervals (15 minutes on and 15 minutes off) until swelling has peaked.
- Once swelling has peaked warm, moist compresses should be placed on the outside cheek. This will help swelling to decrease.
- Bruising is also expected, and may appear anywhere from the second to fifth day. This could range from a black eye to bruising down the side of the face.

Care of the Mouth

- Do NOT brush on or around the site until all sutures have been removed.
- Do brush and floss normally in other areas of your mouth, and use the prescribed rinse as instructed.

Rest

- DO NOT vigorously exercise or exert yourself for 48 hours.
- Do keep your head elevated while resting or sleeping for the first two days.

Please contact our office if you have...

- Uncontrollable nasal or mouth bleeding, even after the above measures have been taken.
- Severe, uncontrollable pain.
- Profuse swelling after 3 days that has only gotten worse or it is not decreasing in size.
- If a large amount of graft material were to come out of the nose or mouth area (although a small amount is normal, and to be expected.)

If you have questions or concerns, please call the office so we may address them on a case-by-case basis.

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