



NEW YORK

PERIODONTICS

225 East 64th Street | New York, NY 10065 | www.perionewyork.com

Our 24-hour emergency concierge number is 212-838-0940.

Post-Surgical Home Care Instructions for SINUS LIFT SURGERY

1. Do not under any circumstances blow your nose or sneeze while pinching your nose for the next 4 weeks. This may be longer if indicated.
2. Anything that causes pressure in your nasal cavity must be avoided.
3. Do not blow your nose or sneeze holding your nose.
4. Sneeze with your mouth open.
5. Expect a nose bleed in the upcoming days.
6. Do not drink with straws and do not spit.
7. Scuba diving and flying in pressurized aircraft may also increase sinus pressure and should be avoided for 14 days unless indicated by your doctor at New York Periodontics
8. Avoid lifting heavy objects, blowing up balloons, playing musical instruments that require a blowing action, or any other activity that increases nasal or oral pressure.
9. Smoking must be stopped. If necessary, nicotine patches can be prescribed.
10. Decongestants such as Afrin®, Dimetapp®, or Sudafed® will help reduce pressure in the sinuses. You will also be given a prescription for antibiotics. Please take these as directed.
11. Place ice in a plastic freezer bag or take cold packs and wrap either in a towel and hold it over the surgical site(s) on the outside of your face (not inside). Do not sleep with ice on your face. Ice reduces swelling that usually peaks 48-72 hours after the procedure; pressure helps control bleeding. Use ice intermittently (20 minutes on/20 minutes off) for the remainder of the day and much of the following day when possible.
12. Take pain medication as directed. Pain is normal to a certain degree. Please keep in mind you just had surgery in your mouth and this can become painful during the first two weeks. Pain medications are most effective when taken **BEFORE** the full onset of pain. The most common side effects for narcotic pain killers (if prescribed) are an upset stomach /constipation and nausea. Take these medications with food. Alcohol should not be used if you are taking narcotic pain killers (e.g. Tylenol with codeine, Vicodin/Hydrocodone, Percocet/Oxycodone, etc.). **Do not stop antibiotics without consulting with the doctor.**
13. If bleeding occurs that you feel is more than normal oozing, fold up gauze squares and place them directly over the incision. Use enough gauze so that your teeth do not meet; this will ensure the right amount of pressure to stop the bleeding. If you cannot stop the bleeding after twenty minutes, you may use a moistened tea bag over the surgical site in the same manner. If bleeding continues, call our office and a doctor will speak with you. After hours, our answering service will contact the doctor on call. Once the bleeding stops, do not rinse your mouth until the next day.
14. Eat as normal as you feel comfortable doing after the surgery. Softer diets can be more comfortable but are not necessary. Chew foods on the opposite side of the surgical area. **AVOID SEEDS, SPICY AND CRUNCHY FOODS.**
15. There should be **NO STRENUOUS EXERCISE FOR 48 HOURS.** You should not smoke during the post-op period since it increases the risk of infection, graft failure and bleeding. This includes smoking cigarettes, cigars, marijuana, and vaping. Please ask your doctor at New York Periodontics if you have any concerns about when to start smoking again.

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If you are having an emergency, you may contact your doctor at any time by calling our after-hours concierge team and simply ask to be transferred to the doctor's cell phone.



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16. Sleep in an elevated position (extra pillow) when possible for the first night after surgery to help reduce the chance of bleeding and discomfort. We recommend placing a towel over your pillow top to avoid any blood stains should bleeding occur.
17. Rinse your mouth with a saltwater solution starting the day after surgery for comfort. It helps to do this after each meal. Use 1 tablespoon of salt in 8 ounces of warm water. **DO NOT RINSE FORCEFULLY and DO NOT BRUSH, FLOSS or use OTHER HOME CARE DEVICES in the surgical site.** You can also use your usual mouthwash, if desired.
18. If you are utilizing a removable prosthesis of any sort, discuss how to use this after the surgery with your doctor at New York Periodontics. Your dentist/surgeon often needs to make a necessary adjustment or check the fit before you try to insert them. Premature insertion of dentures pressing on the surgical site **MAY** jeopardize successful healing.
19. Avoid pulling on your lip or cheek to look at the surgical area. This can harm the stitches around the incision and can cause bleeding and harm the bone graft.
20. You may eat or drink what you feel up to once the local anesthetic has worn off. Avoid very hot foods or liquids for 24 hours. Soft foods like eggs, pastas, warm soups and yogurt are recommended. Drink plenty of fluids, but do not drink through a straw or create a sucking action in your mouth.
21. **If you are in doubt about any of these directions or think there is a problem related to the healing of the implant site(s), please do not hesitate to contact the office immediately so as not to jeopardize the success of the implants.**

If you are having an emergency, you may contact your doctor at any time by calling our after-hours concierge team and simply ask to be transferred to the doctor's cell phone.