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Post-Op Instructions After Sinus Lift Procedure

Because of the close relationship between upper back teeth and the sinus, a communication between the sinus and mouth sometimes results from surgery. If that communication has occurred, healing time is often slow and difficult. Certain precautions will assist healing and we ask that you faithfully follow these instructions:

1. Take prescriptions as directed.
2. *Do not* forcefully spit.
3. *Do not* use a straw.
4. *Do not* forcefully blow your nose for at least two weeks, even though your sinus may feel “stuffy” or there may be some nasal drainage.
5. Try not to sneeze; it will cause undesired sinus pressure. If you must sneeze, do so while keeping your *mouth open*.
6. Eat *only soft foods*, always trying to chew on the *opposite side* of your mouth.
7. *Do not* rinse vigorously for several days. Gentle salt water swishes may be used.

Slight bleeding from the nose is not uncommon for several days after surgery.

Please keep our office advised of any changes in your condition, especially if drainage or pain increases. It is important that you keep all future appointments until this situation has been resolved. On occasion, additional surgery may be required.