



OVERSTREET, WHITE, DUNEGAN

— LTD —

EXCELLENCE IN PERIODONTICS AND DENTAL IMPLANT SURGERY

## SINUS GRAFTING POST-OPERATIVE PRECAUTIONS

Located in our upper jaw, above our teeth, are sinuses. These air-filled cavities can be very close to the roots of upper back teeth. Following placement of a bone graft to the lower portion of the sinus cavity, it is important to remember these precautions in order to help this area heal appropriately.

### For at least two (2) weeks DO NOT:

- Blow your nose. Following surgery, minor bleeding or fluid from the nose is common. Gentle wiping of your nose is all that is allowed.
- Cough or sneeze with your mouth closed. If you need to sneeze, please keep your mouth open, as this will allow the pressure to be released out of your mouth and not through your nose.
- Fly in a plane (advisable but not mandatory)

### For at least four (4) weeks DO NOT:

- Smoke
- Play a wind instrument
- Use a CPAP machine

### DO:

- Take of the prescribed medications as directed
- Keep your follow-up appointment with your surgeon

With regards to swelling, it is very common to see this occur up to 5 days post-operatively before it starts to diminish. Another common finding is bruising, which in some cases may be significant. Always remember to take your medication on time and utilize the ice pack as directed. A cold pack can be used for 3 days to help with any post-operative swelling.

Please contact our office or the treatment doctor (see post-operative instructions) in the case of emergency.

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