

SINUS LIFT

POST OP INSTRUCTIONS

Burnham Oral Surgery

Drink: Drink plenty of liquids such as water, fruit juices, ginger ale, 7-Up, Gatorade, milk, or instant breakfast.

Eat: Eat only soft foods for three days, always trying to chew on the opposite side of your mouth if possible.

Medicate: **If you were prescribed Motrin (600mg), please take your first dose no later than 3hrs after surgery, or sooner if you start to have discomfort.** Scientific studies consistently show the superiority of a regular dose of ibuprofen (Motrin/Advil) over a five-day period for postoperative pain associated with oral surgery procedures. With this in mind, you may have been prescribed prescription-strength ibuprofen by your doctor. You should take this for five (5) days, every six (6) hours, while you are awake. There is no need to wake up in the middle of the night to take ibuprofen if you are sleeping. Please take your ibuprofen whether you are experiencing pain or not. This will keep you pain-free in most cases.

If you have been prescribed a narcotic pain medication, we recommend taking the first dose once you get home. Continue to use your narcotic pain medication for breakthrough pain, pain that you experience even though you are on the regular dose of ibuprofen. **Be sure to leave at least 60 minutes between your last ibuprofen dose and the narcotic dose.**

Timeline for Post Op Pain Medications

1st Dose Narcotic With food	1st dose of Motrin	2nd dose of of Narcotic	2nd dose of Motrin	3rd dose of Narcotic
0	-----3hrs	-----6hrs	-----9hrs	-----12hrs

Precautions to follow:

1. 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. Using saline nasal mist (Ayr, Ocean Premium, etc) may help with the stuffiness. This is available over the counter in the Pharmacy section of most stores.
2. Do not forcefully spit for seven days.
3. Try not to sneeze; it will cause undesired sinus pressure. If you must sneeze, keep your mouth open do not pinch your nose.
4. Do not use a straw for two (2) weeks.
5. If you use a CPAP machine, do not use it until we have seen you for a post-op visit and given you clearance to resume using it. This is usually a two week period.

(Continued on back.)

Bleeding: After you are done eating and taking your first dose of medications, replace the gauze in your mouth with fresh gauze provided to you in your take home bag if needed. If bleeding persists, additional gauze may be placed using steady, firm pressure directly over the surgical site(s).

Slight bleeding from the nose, on the side of the Sinus Lift, is not uncommon for several days after surgery.

Rest: Keep activity to a minimum for the first day.

Swelling: If any major swelling occurs, it will reach its maximum in 48 hours and will begin to go down after that. Putting an ice pack on your face, 20 minutes on and 20 minutes off, during the day, for the first 2 days will help reduce the swelling.

Oral Hygiene: Eight hours after surgery, begin to clean your mouth. Brush your teeth thoroughly and rinse well. Brush your tongue.

The day after surgery you should begin GENTLY swishing 3 to 4 times a day, especially after eating, with warm salt water, using our recipe for salt water rinses. (Two teaspoons of salt mixed with 20 ounces of warm water in a clean water bottle.) Please continue swishing with warm salt water daily until your postoperative appointment. Do NOT rinse vigorously.

DO NOT SMOKE AFTER SURGERY FOREVER . IF YOU INSIST ON SMOKING, THE FOLLOWING MAY HAPPEN: (because the chemicals and gases in tobacco smoke contains ammonia, hydrogen cyanide, lead, nicotine, pesticides, radioactive polonium, and many other deadly gases).

- A. You will greatly increase your pain and prolong healing time.
- B. You will significantly increase your chance of infection.

Post-Operative:

The skin may be bruised and your jaw may be stiff and difficult to open.

Dr. Burnham, Dr. Stearns, and the team at Burnham Oral Surgery have done everything possible to provide you with the best anesthetic and surgical care. However, the ultimate success of your operation now depends on how well you follow both these and the verbal instructions. This will help you avoid the complications that lead to unnecessary discomfort and prolonged recovery.

Should any questions come up, or if any instructions are not clear, call the office immediately for clarification.

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