

## Post-op instructions - Sinus grafting

### DO's

1. Take all medications as prescribed, including decongestants which will help reduce pressure in the sinuses.
2. Use ice packs on your face intermittently to reduce swelling over the first couple of days.
3. Stop with ice packing and start warm salt water rinses 24-48 hours after the procedure. Use ½ teaspoon of salt dissolved in a glass of lukewarm water, and gently rinse with portions of the solution, taking 5 minutes to use the entire glassful. Repeat at least 5-7 times daily and always after meals for the next 7 days.
4. Use the antimicrobial rinse (if prescribed) after breakfast and at bedtime after routine mouth care. Do not eat or drink or rinse your mouth after using the medicated rinse.
5. Drink plenty of liquids. Follow a soft diet for 3-5 days after surgery. Advance to a regular diet as you become more comfortable.
6. Sleep with 15-30 degrees of head-end elevation on the day of surgery.

### DON'Ts

1. Do not rinse or spit on the day of your surgery.
2. Do not brush the teeth in the surgical area for 48 hours. After 24 hours, gently brush your teeth twice a day in non-surgical areas. When brushing and expectorating, be very gentle.
3. Do not block your mouth while sneezing or coughing to avoid pressure building up in your nose and sinus.
4. Avoid chewing or creating pressure on the side of the bone graft. Do not use a straw for drinking.
5. Do not smoke for at least 2 weeks after the surgery.
6. Do not blow your nose for up to 4 weeks following your surgery.

7. Anything that causes pressure in your nasal cavity must be avoided; for example, flying in pressurized aircraft, bearing down when lifting heavy objects, blowing up balloons, playing musical instruments that require blowing, scuba diving, or any other activity that will increase nasal or oral pressure for at least 4 weeks after your surgery.
8. Do not wear your partial or full dentures until your follow-up appointment and clearance from your surgeon.

**Please do not hesitate to contact us if any of the following occurs post-operatively:**

- There is an unexpected flow of air or liquids between your mouth and nose.
- There are several small particles of graft material being discharged from your nose.
- You experience persistent sinus or nasal congestion on the side the surgery was performed.
- The swelling in your mouth, cheek, or under your eye increases after 3 days.

*We wish you a speedy and uneventful recovery!*

*-Team Indiadens*