

Dr Anthony J Oliver

Oral & Maxillofacial Surgeon

Post-Operative Instructions Following Sinus Lift Surgery

- 1 Avoid blowing your nose for the first 10 days following surgery.
- 2 If you need to sneeze - do not hold your nose! Let the air freely escape through your mouth.
- 3 Take all the medications you are prescribed. They are not an optional extra.
- 4 Avoid flying in pressurized aircraft, scuba diving, bending over for prolonged periods, blowing up balloons, playing musical instruments that require blowing - and any other activity that will increase oral or nasal pressure for at least 10 days following surgery.
- 5 Keep your mouth clean to reduce the risk of infection and promote more rapid healing. Beginning 24 hours after surgery you may use warm saltwater mouth rinses (half teaspoon of table salt in a tumbler of warm water) after each meal. Use this protocol for the first three days and then switch to the Curosept mouth rinse we have provided for you.
- 6 Gently brush your teeth twice each day in non—surgical areas - beginning 24 hours after your surgery.
- 7 Drink 6-8 glasses of water (or diluted fruit juice) daily - this will guard against dehydration during a period when your usual oral intake is reduced.
- 8 Follow a soft diet for the first week. Advance gradually to more firm food as you are able. Common sense should prevail.
- 9 Do not apply direct chewing force to your surgical site for the first 10 - 14 days.
- 10 Try to avoid tobacco and alcohol for the 48 hours prior to surgery and the first 72 hours after. Please!
- 11 Please keep any dentures (plates) out until Dr. Oliver reviews you the following week. There will be a number of fine sutures used during your surgery - these can be easily disrupted by the metal or plastic elements of a denture.