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Post-Operative Care for Sinus Lift

- 1) **DO NOT** rinse for 24 hours. **Avoid** extremely hot food and liquids.
- 2) **DO NOT blow your nose for 1 week.** It is normal to have a nose bleed after the procedure.
- 3) **Medication:**
 1. Antibiotics are to be taken the day of surgery or as instructed.
 2. Steroids are to be taken if prescribed or as instructed.
 3. Mild discomfort can be controlled with 2 Ibuprofen/Tylenol (or similar tablets) every 4-6 hours. Aspirin should **NOT** be used. If a PAIN RELIEVER has been prescribed, take only when necessary. If an antibiotic has been prescribed, take **ALL** medication to help prevent infection.
- 4) **AVOID** alcoholic beverages during the post-operative period, especially if you take medication.
- 5) **AVOID** smoking during the post-operative period.
- 6) To minimize swelling which may occur, apply an **ice pack** on your face next to the treated area. Leave it in place for 10 minutes and then remove it for 10 minutes. Repeat this routine. Do not use the ice pack (or application of) after 24 hours following the surgery. If swelling is severe and/or you feel feverish, please call the office.
- 7) **Brush and floss** everywhere else, but not in the treated area for one week.
- 8) **AVOID** excessive exercise (jogging, swimming, tennis, etc.) for the next week.
- 9) **AVOID** hot, spicy, and hard foods. Eat a soft diet during the first week after surgery. You may return to normal diet if you are ready, but still make smart choices during the healing process.
- 10) Some bleeding may occur after surgery. Using a gauze that was provided to you, bite down on the gauze for 20 minutes to help stop the bleeding. If bleeding does not stop, use two tea bags soaked in WARM water and bite down for 20 minutes and repeat until the bleeding has subsided.
- 11) If you have questions or concerns, please call our office at (212) 422-9229.