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Post-Operative Care for Sinus Lift

- 1) **DO NOT** spit, rinse or use a straw for 24 hours. **Avoid** hot, spicy, hard and sticky foods.
- 2) **DO NOT blow your nose for 1 week.** It is normal to have a nose bleed after the procedure.
- 3) **Medication:**
 1. Antibiotics to be taken prior to appointment or as instructed.
 2. Steroids to be taken prior to appointment or as instructed.
 3. Mouthrinse to be taken as directed. Use only for 10 days, after 10 days use warm salt water.
 4. 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) **Do not brush or floss in the Surgical area for one week. You may brush everywhere else.**
- 8) **AVOID** excessive exercise (jogging, swimming, tennis, etc.) for the next week.
- 9) Eat on the side **OPPOSITE** the sutures. Eating suggestion:, eggs, soup, cheese, chopped meat, baby food, cooked cereal, cooked vegetables, jell-O, soft foods.
- 10) If bleeding occurs, **DO NOT RINSE!** Moisten a gauze pad or fresh tea bag with warm water. Place it over the area and hold firmly for 10-20 minutes without interruption. Repeat if necessary.
- 11) If you have questions or concerns, please call our office at (212) 422-9229.