

Instructions following Sinus Lift Grafting

The transplant of bone and bone substitutes into the maxillary sinus is a routine surgical procedure. However, the after-effects of oral surgery vary per individual. Post-operative care is very important. Unnecessary pain and complications of infection and swelling can be minimized if these instructions are followed carefully.

Immediately Following Surgery

You will notice small stitches in place where the surgery was performed. Sometimes there will be a small metal healing screw extruding through the gum tissue where the implant is located. Do not be alarmed - this is normal. These screws will remain in place until your dentist removes them to place the crown (tooth part of the implant) on the implant.

- The gauze pad placed over the surgical site should be kept in place for a half hour. Soft biting pressure should be maintained with minimal talking or manipulation. After this time, the gauze pad should be removed and discarded. If bleeding persists repeat the process.
- Vigorous mouth rinsing, spitting and drinking through a straw should be avoided. This may initiate bleeding by causing the blood clot that has formed to become dislodged.
- Take the prescribed pain medication as soon as you get home, prior to the local anesthetic (dental freezing) wearing off.
- Restrict your activities the day of surgery. Return home immediately following discharge from the office. Anesthetic effects vary by individual, and you may feel drowsy for a period of time following surgery. Rest, lie down with your head elevated until all the effects of the anesthetic have disappeared. Do not drive or operate hazardous equipment for 24 hours following your anesthetic.
- Place the ice packs on the sides of your face where the surgery was performed to help reduce swelling.

Swelling, discomfort, bleeding and restricted jaw function are normal and to be expected. They can be minimized with the following instructions.

Sinus Pressure

Avoid activities that create pressure within the sinus for 10 days. To allow proper healing we do not want to create a difference in air pressure between the antrum and the mouth that can cause pressure within the surgical site. Do not blow your nose, try to sneeze with your mouth open, do not drink through a straw, and avoid flying in a pressurized aircraft or scuba diving. It is not uncommon to have the feeling of a stuffy nose, have nasal drainage or to have blood come from the nose on the same side as your surgery. If this happens, you can wipe your nose to remove any discharge but avoid blowing your nose to remove the content.

Nasal Decongestants

To help reduce any discomfort with sinus pressure and the surgery and to ensure adequate aeration of the surgical site, your Dentist or Oral Surgeon will often also prescribe or recommend a nasal decongestant to reduce or eliminate the feeling of a 'stuffy nose'. Take the decongestant as prescribed for the time period that is recommended.

Smoking

Do not smoke for 7-10 days following this event. Cigarette smoke decreases the healing potential of the area and increases the likely of a complication or a failure of the site to heal.

Pain

Unfortunately, most surgeries are accompanied by some degree of discomfort. To help reduce your symptoms we advise you to begin taking the pain medications prescribed within 2 hours following your surgery. This ensures that the medication is acting prior to the local anesthetic wearing off, when it may be more difficult to control the pain. Take the anti-inflammatory pain medication as prescribed every 6 hours immediately following surgery and continue for 2-3 days following surgery whether there is discomfort or not. If you feel continued discomfort you can also take the narcotic pain medication as prescribed at the same time as the anti-inflammatory to help reduce any symptoms. The narcotic pain medicine will make you groggy and will slow down your reflexes. Do not drive an automobile or work around machinery. Avoid alcoholic beverages while taking it. Taking the medication with soft foods and/or a large glass of juice will lesson any side effects of nausea or stomach upset.

Diet

Following surgery you should drink 'sugary' liquids (juice, flat pop, milkshakes) when you return home, this will help you 'regain your energy' more quickly and prevent dehydration. At least 5 to 6 glasses of liquid should be taken daily for the first few days. Try to resume a normal diet as soon as possible. Initially, you may feel more comfortable with a softer diet. Avoid foods like nuts, chips or popcorn which may get lodged in the surgical areas. When chewing firmer foods avoid chewing near the surgical site as pressure on the implant during initial healing can result in improper healing. Proper nourishment aids in the healing process. If you are diabetic, maintain your normal diet as much as possible and follow your physician's instructions regarding your insulin schedule.

Oral Hygiene

Keeping your mouth clean after surgery is essential to reduce pain and lessen the incidence of infection. No rinsing of any kind should be preformed until the day following surgery. You can brush your teeth the night of surgery with a small amount of toothpaste or warm, salt water but rinse gently. The day after surgery you should begin rinsing at least 5 to 6 times a day with a cup of warm water mixed with a teaspoon of salt. Avoid using Scope or any commercial mouth rinses as alcohol contained within them slows the healing process. Sometimes the toothbrush, especially electric toothbrushes, can cause the healing screw protruding through the gum tissue to become loose or fall off. If this happens contact the office and bring the screw into your appointment to be re-inserted. If the corners of your mouth were dry at the time of surgery they may become cracked or red during healing. You can keep the lips and area moist with an ointment such as Vaseline or Blistex.

Antibiotics

Antibiotics, if prescribed to prevent infection, should be taken as prescribed until finished. It is not uncommon to feel slightly nauseated or itchy when beginning the antibiotics. If you develop a rash or other unfavorable reaction call the office for further information. If you are currently taking oral contraceptives (Birth Control), for anything other than regulation, you should use an alternate method of birth control for the remainder of this cycle.

Stitches

Sutures are placed to minimize bleeding and to help with healing. They may dissolve on their own within a week. You will be advised by your Dentist or Oral Surgeon if you need to have your stitches removed. Contact our office for instructions and to make an appointment for evaluation but typically the site will gradually fill in with new tissue over the next 3 to 4 weeks. It is important to keep the area clean with gentle rinsing with warm salt water.

It is not uncommon for small fragments of bone to migrate from the surgical site during healing and protrude through the gum tissue. These small pieces can sometimes be irritating to the oral tissue and tongue. If this does happen please contact your dentist to arrange an evaluation.

Please be advised that in the event that you are admitted to a hospital with 10 days of your procedure, for any reason, please notify the office at your earliest convenience.

Your case is individual. No two mouths are alike. It is my desire that your recovery be as smooth and easy as possible. If you have any questions about your progress or any symptoms you are experiencing, please call the office at **780.750.0072** during the regular office hours or evenings and weekends at **780.750.0755** to obtain advice and, if necessary, organize an additional appointment.

DISCHARGE INSTRUCTIONS

Sedative/Analgesic Administration for Diagnostic and Therapeutic Procedures

Phone Numbers: 780-750-0072 Office
780-750-0755 After Hours

The sedative medications administered today during your/the patient's procedure may have residual effects for up to 24 hours. Examples may include continued drowsiness, dizziness, difficulty with balance and coordination, impaired judgment, and short term memory problems. Since these changes may not be easily recognizable, no activities should be undertaken that requires you (or the patient's) best effort. For your/the patient's safety, it is important that you adhere to the following instructions constructed around the common letter "**D**":

1. Do not **DRIVE** any form of motorized equipment. This includes cars/trucks, yard tractors, golf carts, motorcycles, mopeds, etc.
2. Do not **DRINK** alcohol. Its effects are additive with these sedative medications and consumption may be life threatening.
3. Do not use **DANGEROUS** machinery or equipment (stove, lawnmower, chain saw, etc. for adults; bicycles, swing sets, etc. for children).
4. Make no important **DECISIONS** since judgement and memory are impaired.
5. Watch out for **DIZZINESS**, especially when changing positions. Move slowly and take your time.
6. Resume normal **DIET** as tolerated upon return of appetite. If queasy, avoid becoming **DEHYDRATED** by frequently drinking small amounts of uncarbonated clear liquids (tea, orange or apple juice, clear broth, Gatorade, etc. for adults; any of these or Pedialyte for children). Progress to bland soup, toast, or crackers next, then try resuming a normal diet again.
7. Ask your doctor about resuming prescription and nonprescription **DRUGS** you were taking prior to the procedure.
8. **DISCUSS** any questions you may have with your doctor prior to leaving today.
9. **DIAL** the phone number at the top of this page to contact your doctor should questions or problems arise after you leave. If you experience problems with breathing or severe bleeding proceed immediately to the Emergency Room of your nearest hospital.

After the first 24 hours, the vast majority of patients receiving these sedative medications are "back to normal."

Additional instructions to follow specifically related to the procedure itself include:
