
Maria Dona, D.M.D. • David S. Samuels, D.M.D. • Sheila E. Tucker, D.M.D.

Instructions Following Sinus Elevation Procedure

1. When anesthesia wears off, you may experience slight discomfort, readily controlled with Ibuprofen or Tylenol. A prescription will be given in case of a more moderate discomfort, please take as directed. Start pain relievers before your anesthesia wears off and continue taking the medication only as necessary to prevent discomfort.
2. Small amounts of blood may discolor your saliva during the first 24 hours. This is normal. Do not rinse vigorously, spit, suck on straws, smoke or drink alcohol during the first 48-72 hours. If some bleeding continues, apply a moistened tea bag, covered with a piece of gauze and compress the area firmly for 30 min. Do not take it out to check it during this time. Also, remain sitting or standing, do not lay down. You may have to repeat this several times. If bleeding does not stop please call our office.
3. Swelling may occur after the procedure. Placing an ice-pack on the outside of your face adjacent to the treated area can minimize swelling. Alternating 20 min. on and 20 min. off starting the day of surgery is recommended. Stop icing 24 hours after the surgery. At the end of this time, if there is any swelling, hot compresses will help reduce it faster.
4. Avoid aggressive pressure from your nose; nose blowing, scuba diving and flying an airplane should be cut down to the bare minimum for 4 weeks after the surgery. If you find that you need to blow your nose within the 4 weeks post-surgery, please take an over the counter Antihistamine (nothing into the nose area, only oral medications). Avoid aggressive sneezing; try to muffle your sneezes, the less pressure in the sinus area the better for 4 weeks.
5. Do not brush or floss the area of the surgery, but maintain optimal oral hygiene in the rest of your mouth. Rinse twice a day with the Peridex oral rinse, starting 24 hours after of the surgery.
6. Please take your prescribed antibiotic until it is completely finished. If you are currently taking oral contraceptive medication please beware that any antibiotics taken can interfere with the birth control for one full cycle.
7. Avoid physical exertion this week, especially during the first 2 days, since this will increase blood pressure and may cause more bleeding from the surgical site.
8. A well-balanced diet is necessary during healing. This should consist of liquids and soft foods. Please see the reverse side for examples of recommended food.
9. Call the office if you experience extreme pain, bleeding or swelling, or if you have any further questions.

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Suggested Foods Following Sinus Elevation Procedure

It is very important during the healing process to continue a protein-rich, highly nutritious diet and to eat regularly. Eating soft foods will prevent accidental breakage of the dressing or tearing sutures. Try to eat on the opposite side of the mouth from the surgery.

Below is listed some examples of soft foods to eat during the first week after surgery. Similar foods may be eaten as long as little chewing is required and they provide a well-balanced diet.

Cooked cereal: oat meal, cream of wheat, etc.

Eggs: scrambled, soft boiled, egg salad, omelets, etc.

Juices: orange, apple, tomato, etc.

Soups: vegetable, chicken, onion, etc.

Bread

Cooked fruit: any kind of canned fruit

Applesauce

Frappes (may add egg, peanut butter, bananas, etc.)

Puddings: tapioca, chocolate, vanilla, etc.

Cottage cheese, ricotta cheese

Tofu

Custards

Yogurt

Milk

Eggnog

Coffee

Tea

Cooked vegetables: mashed potatoes, squash, peas, carrots, etc.

Pasta

Macaroni and cheese

Chicken (finely chopped)

Hamburger (finely chopped)

Baked fish

Any other meats and vegetables can be eaten if they can be put through a blender, food processor, or mashed to prepare soft consistency.