

POST-OPERATIVE INSTRUCTIONS AFTER LATERAL SINUS AUGMENTATION

You have had a Lateral Sinus Augmentation procedure in your upper jaw. This procedure regains lost bone height in the area of your first and second molar and occasionally second premolar. It is an important procedure as it allows implant placement in an area that could not be implanted otherwise because of insufficient bone height due to an enlarged sinus. If your own bone was harvested for your graft, you may have two post-surgical wounds.

Sinus Precautions are as follows:

DO NOT, UNDER ANY CIRCUMSTANCES, BLOW YOUR NOSE FOR THE NEXT 4 WEEKS.

This may be longer if indicated. You may sniff but NO BLOW. Do not sneeze holding your nose. Sneeze with your mouth open. Do not drink with straws and do not spit. Scuba diving and flying in pressurized aircraft may also increase sinus pressure and should be avoided. Decongestants such as Drixoral, Dimetapp, or Sudafed will help reduce pressure in the sinuses. You may also be given a prescription for antibiotics. Please take these as directed. Anything that causes pressure in your nasal cavity must be avoided. Avoid "bearing down"- as when lifting heavy objects, blowing up balloons, playing musical instruments that require a blowing action or any other activity that increases nasal or oral pressure. **Smoking must be stopped.**

IMMEDIATELY FOLLOWING SURGERY

- Do not disturb or touch the wound
- Avoid rinsing or spitting for 2 days to allow blood clot and graft material stabilization
- Do not apply pressure with your tongue or fingers to the grafted area, as the material is movable during the initial healing
- Do not lift or pull on the lip to look at the sutures. This can actually cause damage to the wound site and tear the sutures
- Do not smoke
- If a gauze pad has been placed over the surgical area, it should be kept in place for 30-45 minutes. After this, the gauze pad should be removed and discarded. If the bleeding or oozing still persists, insert another gauze pad and bite firmly for another 30 minutes. You may have to do this several times
- Unless otherwise instructed, take your first dose of Ibuprofen (Motrin or Advil) 400mg (2 tablets) before the local anesthesia wears off to decrease the initial pain. If you feel it necessary, you may take the prescribed pain medication.
- If it is necessary to take a prescription medication for pain, you may take it in conjunction with the Ibuprofen or staggered with the Ibuprofen
- Restrict your activities the day of surgery and resume normal activity when you feel comfortable
- Place ice packs to the sides of your face where surgery was performed. Refer to the section on Swelling for an explanation

PAIN

For moderate pain, Ibuprofen (Motrin or Advil) 400mg (2 tablets) should be taken every 3 to 4 hours on a regular schedule. By taking this pain medication regularly and keeping the blood levels constant, the medication can work better and often less prescription narcotic pain medicine is necessary.

If you cannot take Ibuprofen, you can take 2, regular strength Acetaminophen (Tylenol), or one extra strength every 3 to 4 hours, keeping in mind that no more than 4 grams may be taken in 48 hours. The prescription medication may have some of this medication in conjunction with the Ibuprofen or staggered with the Ibuprofen.

For severe pain, take the tablets prescribed as directed. The prescribed pain medicine will make you groggy and will slow down your reflexes. Do not drive an automobile or work around machinery. Avoid alcoholic beverages. You may take the prescription medicine in conjunction with Ibuprofen or staggered with the Ibuprofen.

Pain or discomfort following surgery should subside more and more every day. If pain persists, it may require attention and you should call the office.

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BLEEDING

A certain amount of bleeding is to be expected following surgery. Slight bleeding, oozing, or redness in the saliva is not uncommon. Excessive bleeding may be controlled by first rinsing or wiping any old clots from your mouth, then placing a gauze pad over the area and biting firmly for 30 minutes. Repeat, if necessary. If bleeding continues, bite on a moistened tea bag for 30 minutes. The tannic acid in the tea bag helps to form a clot by contracting bleeding vessels. To minimize further bleeding, do not become excited, sit upright and avoid exercise. If bleeding does not subside, call for further instructions.

SWELLING

The swelling that is normally expected is usually proportional to the surgery involved. Swelling around the mouth, cheeks, eyes and sides of the face is not uncommon. This is the body's normal reaction to surgery and eventual repair. The swelling will not become apparent until the day following the surgery and will not reach its maximum until 2 to 3 days post-operatively. However, the swelling may be minimized by immediate use of ice packs. In some cases you will be provided with temporary ice packs. Plastic bags fill with ice, ice packs, or frozen peas should be applied to the sides of the face where surgery was performed. The ice packs should be left on continuously while you are awake. After 36 hours, ice has no beneficial effect. If swelling or jaw stiffness has persisted for several days, there is no cause for alarm. This is a normal reaction to surgery. 36 hours following surgery, the application of moist heat to the sides of the face is beneficial in reducing the size of swelling.

DIET

Drink liquids after general anesthesia or IV sedation (if applicable). Do not use straws when drinking from a glass. The sucking motion can cause more bleeding by dislodging the blood clot.

Wait approximately 1 to 2 hours before eating except for that which is needed to take the appropriate medications as directed. ***A liquid (unless otherwise instructed by the doctor) diet is recommended for 2 weeks or until specialist says it's okay to resume your regular diet.*** Make sure to drink lots of liquids especially water and non-acidic juices. Avoid alcohol, hot, hard, and spicy foods. Adequate nutrition is essential for normal healing. Following surgery your diet should be restricted to cold liquids- yogurt, smoothies, milkshakes, and dietary supplements such as Instant Breakfast or Ensure.

High calorie and high protein intake is very important. You should prevent dehydration by taking fluids regularly. Your food intake will be very limited for a few weeks. You should compensate for this by increasing your fluid intake. At least 5 to 6 glasses of liquids should be taken daily. Try not to miss a single meal. You will feel better, have more strength, less discomfort, and heal faster if you continue to eat a nutritious LIQUID diet.

ACTIVITY

No strenuous activity such as lifting or exercising should be performed for approximately 1 to 2 weeks or until specialist says it's okay to resume such activities. You may resume your non-physical activities in approximately 24 hours. If you are considering exercise, throbbing or bleeding may occur. If this occurs, you should discontinue exercising. Be aware that your normal nourishment intake is reduced. Exercise may weaken you. If you get light headed, stop exercising.

DISCOLORATION

In some cases, some discoloration of the skin follows swelling. The development of black, blue, green or yellow discoloration is due to blood spreading beneath the tissue. This is a normal post-operative occurrence, which may occur 2 to 3 days post-operatively. Moist heat applied to the area may speed up the removal of the discoloration.

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ANTIBIOTICS

If you have been placed on antibiotics, take the tablets or liquid as directed. Antibiotics will be given to help prevent infection. Discontinue antibiotic use in the event of a rash or other unfavorable reaction and call the office to let the doctor know.

NAUSEA & VOMITING

In the event of nausea and/or vomiting following surgery, do not take anything by mouth for at least an hour including the prescribed medicine. You should then sip on Ginger Ale or tea. You should sip slowly over a 15-minute period. When the nausea subsides, you can begin taking solid foods and the prescribed medicine.

ORAL HYGIENE

Do not rinse or spit on the day of your surgery. This tends to disturb the blood clot, open the wound and can prolong bleeding and slow healing. You should not have significant amount of blood in your mouth, saliva can be swallowed, even if slightly blood tinged.

Keeping your mouth clean after surgery is essential to reduce risk of infection. Start salt water rinses the day after your procedure. Use one-half teaspoon of salt dissolved in an 8 ounce glass of warm water and gently rinse with portions of the solution, taking 5 minutes to use the entire glassful. Repeat as often as you like, but at least 4 to 5 times daily and always after eating for the next 5 days.

Do not brush your teeth in the area of the surgery for 48 hours. When brushing, be very gentle. When expectoration, also be gentle.

We may prescribe an antibiotic rinse (Chlorhexadine, Periogard, Peridex). This rinse should be used in the morning and at bedtime after routine mouth care. Do not eat or drink or rinse your mouth after using the medicated rinse. Using this rinse more than 2 times a day will cause staining of your teeth.

SMOKING

Do not smoke for at least 2 weeks after surgery, if at all. As discussed at your consultation, smoking dramatically increases the risk of bone graft and sinus augmentation failure.

WEARING YOUR PROSTHESIS OR NIGHTGUARDS

Partial dentures, flippers or full dentures should not be used immediately after surgery until your post-operative appointment unless specially instructed otherwise. Please contact the office if you have any questions. If you have a temporary flipper to wear, do not place it in until the numbness in the area is gone. When it is placed it should not touch the gums in the area of the surgery. If it does, this can cause ulceration of the wound edges and breakdown of the suture margins. This can lead to loss of the graft. If you have any questions about the fit of your flipper, partial or complete denture, do not wear it until your general dentist or our office can see you.

POST-OPERATIVE PROBLEMS OR COMPLICATIONS

As with any procedure, unexpected post-operative healing can occur. If you notice an unexpected flow of air or liquids between your mouth and nose, please contact the office immediately.

If you are aware of several small particles of graft material being discharged from your nose, please contact the office immediately.

If you experience sinus or nasal congestion on the side your surgery was performed, please contact the office immediately.

If there is an increase of swelling in your mouth, cheek or under your eye after 3 days, please contact the office immediately.

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SPECIAL INSTRUCTIONS

Your case is individual. No 2 mouths are alike. Do not accept well-intended advice from friends. Discuss your problems with the persons best able to effectively help you: The surgeon who performed the surgery or your general dentist.

It is our desire that your recovery be as smooth as possible. Following these instructions will assist you, but if you have questions about your progress, please call the office. Please try your best to call during office hours, however if you have an emergency you can the surgeon's mobile number at any time. Mobile number is listed below.

Special instructions: if you were under IV Sedation, do not drive for at least 24 hours after surgery. Do not operate heavy machinery. Do not drink alcoholic beverages for at least 24 hours after surgery or after taking pain medications. **DO NOT SMOKE FOR AT LEAST 3 WEEKS AFTER SURGERY. Do not pull lip to visualize, this may rip the sutures the doctor may have used.** It is important to not smoke, use a straw or rinse you mouth vigorously. These activities could dislodge the clot and slow down healing. Limiting your activity for the next 24 hours keeps your blood pressure lower, reduces bleeding and helps the healing process.

In case of an emergency call the office Mondays & Wednesdays 7:00AM-6:00PM, Tuesdays & Thursdays 7:00AM-5:00PM Fridays 7AM-2PM. All other times call the doctor's mobile number.
Dr. Jackson's mobile # 203-321-5078