

Post Sinus Lift Instructions

- **Do not blow your nose for 2 weeks.** Blowing your nose after a sinus lift can cause damage to your sinus. Also if you need to sneeze, please do so with your mouth open (like a cough).
- If you experience congestion, use an over the counter decongestant called Afrin for **no more than 2-3 days**. If additional decongestants are needed, our office can prescribe you Sudafed
- Slight bleeding or blood tinged saliva is normal for up to 48 hours. You may also notice blood tinged mucus from your nose, or small sand like particles draining down your throat. If you notice a **“flow” of blood coming from the site, place a moistened tea bag on the site with firm pressure for 20 minutes**. If it persists, call the office at 360-357-9880.
- Do not exercise and decrease activity for the first 3-4 days after surgery.
- Take all medications as prescribed. If you were prescribed an **antibiotic, take it until finished**. Taking probiotics or consuming 2-3 yogurts a day is recommended to keep your digestive system healthy during antibiotic usage. Antibiotics can interact with some medications, be sure to consult your pharmacist.
- **Leave the area alone for 14 days. Do not pull lips away to look at the treated area.** You may brush and floss all of your teeth as normal **with the exception of the surgical site** unless otherwise directed.
- No vigorous rinsing with prescribed rinse or spitting or using of a straw for 2-3 days.
- Keep up a good diet with plenty of liquids. Avoid hard foods like chips, nuts, and popcorn and try to chew food on the non-treated side. For the night of surgery and the day after eat cold to lukewarm foods and avoid hot foods which could increase swelling. Ice-cream, smoothies, milkshakes or sipping on ice water can help to minimize swelling.
- A cold pack applied to the cheek on and off every 10 minutes the first 24-36 hours after surgery can help to reduce swelling. Do not ice after 36 hours, instead switch to a warm compress. Mild to moderate facial swelling is very common with this procedure.
- Some mild to moderate bruising is common in some individuals after surgery
- Sutures are dissolvable, unless otherwise stated, and will loosen and come out on their own in 7-14 days.
- Avoid smoking for at least 48 hours.
- Use the rinse as prescribed 2 times daily for 14 days. If staining occurs it can easily be polished off at our office.
- For pain and swelling, take 3 tablets of Ibuprofen 200 mg every 6 hours or 4 tablets every 8 hours. If needed, take one Vicodin **OR** 1-2 tablets of full strength Tylenol **BETWEEN** regular Ibuprofen doses. It is essential to stay on a strict Ibuprofen schedule for **at LEAST 3 days** after surgery. This is both for your comfort and to prevent inflammation and swelling.
 - Next Ibuprofen @ _____