



Sinus Graft / Sinus Involvement Instructions

The sinus cavity is the hollow air space above the back teeth of your upper jaw, which lies alongside and connects with your nose. Patients that have had a tooth removed near the sinus cavity or an implant procedure/bone grafting involving the sinus need to follow some special post-operative precautions to avoid pressure changes and actions that could negatively impact healing.

Please follow these instructions carefully for the next 3-4 weeks.

- Do NOT blow your nose. Wipe nasal secretions gently.
- Do NOT use a straw.
- Do NOT smoke. This reduces the blood flow, contaminates the healing wound and may lead to infection.
- Try to avoid sneezing. If you do sneeze, sneeze with your mouth open – do NOT block the sneeze by pinching your nose.
- Avoid activities that may cause pressure changes in your mouth.
- If you feel congested or have a runny nose, use over-the-counter nasal decongestants, antihistamines, and nasal sprays (Sudafed®, Claritin-D® 24, Afrin® etc.) to help with your symptoms.
- Keep the site in your mouth clean as instructed by gently rinsing beginning the day after surgery. Do not use excessive force while rinsing. Avoid brushing directly over the area for the first 2 weeks. Leave the site alone — don't touch it with fingers, toothpicks, etc. Do not use a Waterpik® near the site.
- Avoid bending over — try to keep your head above the level of your heart. Sleep with your head slightly raised.
- Do not strain by pushing or lifting heavy objects.
- Chew softer foods on the other side of your mouth.
- Take any antibiotics or other medications as prescribed. Also, 1 or 2 servings of yogurt or an acidophilus probiotic tablet are recommended daily to reduce gastrointestinal complications.

Occasionally experiencing some bleeding from your nose is not unusual and is no cause for alarm.

As with any procedure, unexpected post-operative conditions can occur. Please let us know if:

- You notice the unexpected flow of air or liquids between your mouth and nose.
- You are aware of several small particles of graft material being discharged from your nose.
- You experience intense sinus or nasal congestion on the side your surgery was performed.

Swelling is common with this procedure. If your own bone was taken from another surgical site, this area might swell and/or bruise as well. Typically, the swelling will peak at 3 days after surgery. Please follow the General Post-Operative Instructions to minimize swelling. In some cases, discoloration of the skin follows swelling. The development of bruising is due to blood spreading beneath the tissues. This is a normal post-operative occurrence, which may occur in the first week after surgery. Moist heat applied to the area may speed up the removal of the discoloration.

Post-operative care is very important. Unnecessary pain and the complications of infection and swelling can be minimized if the instructions are followed carefully. Common sense will often dictate what you should do.

Each case will differ, no two cases are alike. Do not accept well-intended advice from friends. If you have any questions or concerns, please discuss them with our office. We are here to support and help you throughout your recovery.

THE ABOVE INSTRUCTIONS ARE PROCEDURE SPECIFIC AND ACCOMPANY THE GENERAL POST-OPERATIVE INSTRUCTIONS