



2 Trap Falls Rd Suite 202, Shelton, CT 06484 • Phone: 203-446-3890 • Email: info@waypointperio.com

POST-OPERATIVE INSTRUCTIONS: SINUS AUGMENTATION (SINUS LIFT)

Patient Name: _____ Date: _____

Bleeding Control

- Bite firmly on the gauze pad placed over the surgical area for 30-45 minutes; replace with fresh gauze and repeat if needed
- Some oozing or blood-tinged saliva for the first 24 hours is normal
- Avoid vigorous rinsing, spitting, or sucking motions (e.g., straws) for at least 24 hours, as this can dislodge the blood clot

Swelling & Discomfort

- Apply an ice pack to the outside of the face over the surgical area for 15-20 minutes on, 15-20 minutes off, for the first 24-48 hours
- Some swelling and bruising is normal and typically peaks on day 2-3 before improving
- Take pain medication as prescribed/directed, starting before the local anesthetic wears off if possible
- Sleep with your head slightly elevated on pillows for the first few nights to help reduce swelling

Diet

- Soft diet for the first 3-5 days
- Chew on the opposite side of the mouth from the surgical site
- Avoid using a straw or carbonated beverages, which can create negative/positive pressure changes

Oral Hygiene

- Do not blow your nose for at least 2 weeks, or as instructed
- If you need to sneeze, sneeze with your mouth open to avoid building pressure in the sinus
- Begin gentle warm salt-water rinses the day after surgery, avoiding forceful swishing
- Continue normal brushing away from the surgical site

Activity

- Rest and avoid strenuous activity or exercise for at least 2-3 days
- Avoid bending over or heavy lifting, which increases blood flow to the head and can increase bleeding/swelling
- You may return to light normal activity as comfort allows
- Avoid air travel and scuba diving until cleared by your provider, due to pressure changes

Medications

- Take all prescribed antibiotics exactly as directed, for the full course, even if you feel fine
- Take pain medication as directed; do not exceed the labeled or prescribed dose

- If prescribed a mouth rinse, begin use as directed, typically starting the day after surgery
- Continue your regular medications as normal unless otherwise instructed

Please Avoid

- Smoking or vaping (significantly impairs healing)
- Alcohol for at least 24 hours or while taking prescribed pain medication
- Spitting, using straws, or vigorous rinsing for the first 24 hours
- Touching, poking, or disturbing the surgical area with your tongue, fingers, or a toothbrush
- Blowing your nose, sniffing forcefully, or nose-blowing of any kind
- Drinking through a straw
- Playing wind instruments until cleared by your provider

Special Sinus Precautions

- Mild nosebleed or blood-tinged nasal discharge in the first day or two can occur — contact us if it is heavy or persistent
- If you take a decongestant or antihistamine regularly, continue as directed by your physician unless told otherwise

When to Call Our Office

Please call us right away if you experience any of the following:

- Bleeding that does not slow down after 3-4 hours of firm gauze pressure
- Pain that is severe or worsening rather than improving after the first 2-3 days
- Swelling that increases significantly after day 3, or is accompanied by fever
- Fever over 101°F (38.3°C)
- Pus, foul taste/odor, or drainage from the surgical site
- Numbness of the lip, chin, or tongue that has not begun to improve after several days
- Any signs of an allergic reaction (rash, itching, difficulty breathing or swallowing) — seek emergency care immediately

Office phone: 203-446-3890 After-hours/emergency line: 203-446-3890

Follow-Up

Please keep your scheduled follow-up appointment so we can check your healing progress. Call our office if you need to schedule or reschedule this visit.