

## POST OPERATIVE INSTRUCTIONS FOLLOWING: IMPLANT/SINUS ELEVATION

### REST:

- Rest quietly with your head elevated for the remainder of the day.
- Always get up slowly from a reclining position to prevent dizziness.
- Limit physical activity for a minimum of 48 hours unless otherwise directed
- **Avoid blowing your nose or sneezing** for 7 days. If you can't avoid sneezing, please keep your mouth open to avoid building up pressure. You may also take a decongestant such as Sudafed non-drowsy for 4-5 postsurgical days to avoid blowing your nose during that time.
- **Also avoid swimming or scuba diving** as it increases the sinus pressure and may cause post surgical bleeding and complication.

### ICE:

- As soon as possible, place an ice pack on your face over the surgical area; 10 minutes on and 10 minutes off throughout the day for the next 4-6 hours. This will contribute to your comfort and minimize swelling.
- Moist heat may be applied two days after surgery for added comfort.

### DIET:

- Try not to chew on the surgical side or area for a minimum of 2 weeks.
- Eat softer foods such as soups, smoothies, yogurt, pudding, applesauce, pasta, eggs, and baked potato for the first 4-7 days. Avoid eating foods with seeds like; strawberries and raspberries, popcorn as they may enter the surgical site.
- Be sure to drink at least 6-8 glasses of water over the remainder of the day following surgery to prevent dehydration.
- Avoid using a straw, sucking, rinsing or spitting as this may loosen clotting, causing bleeding, and disturb the healing process for at least 72 hours.

### MEDICATIONS:

- If an antibiotic was prescribed, please take it as directed until it is all gone. To minimize the risk of GI problems and or yeast infections, **take an Acidophilus** tablet at night time.
- Ideally, pain medication should be taken before the numbness wears off. Be sure to have eaten something 10 minutes before taking pain medication. This will help to prevent or reduce an upset stomach.
- If the pain medication seems to wear off before it is time to take more, you may want to alternate it with Tylenol 500mg or Advil (ibuprofen) 600mg every 2-3 hours. Example; if prescription pain medication is taken at 1pm the Tylenol can be taken at 3-4pm. Not to exceed 800mg four times a day.
- Some pain medications may cause lightheadedness, lying down will help this.

### BLEEDING:

- Some seepage of blood is expected, however extensive bleeding should not occur. If bleeding should occur, apply firm continuous pressure with warm moist gauze or warm moist black tea bag to the area for 20 minutes. If the bleeding does not subside, please call the office.

### MOUTHCARE:

- You may begin to brush the **non-surgical** area the day after surgery. You may begin to brush the **surgical area** 5-7 days after surgery or as directed at time of surgery. Run your tooth brush under hot water to soften the bristles.
- **Do not** use any electrical tooth brush for the first 2 weeks.
- You may gently rinse the area with warm salt water the day after surgery. Also after every time you eat or drink other than water. This will help with the healing process.
- If you were given a prescription mouth rinse, be sure to start using it the morning after surgery. Please follow the directions on bottle.
- **Do not** rinse with other mouthwash as they are irritants and may increase discomfort and delay healing.
- Be prepared to leave your denture or partial out for approximately one week.
- **Sutures** are to be left alone if possible. They will be removed within 10 days to 2 weeks. If they become long and/or irritating please feel free to call us and we can set up a time for you to come in and have them trimmed or removed.

### SWELLING AND BRUISING:

- Expect swelling that may involve the area of the surgery as well as your eyes, ear, and neck on the surgical side. It is possible that your eye may even swell closed. This is normal so do not be alarmed.
- Bruising may occur in the surgical area as well as into your eye area.
- If fever accompanies swelling, contact us **immediately!**

**ALCOHOL/ASPIRIN:**

- DO NOT CONSUME ALCOHOL WHILE ON PAIN MEDICATION and antibiotics.
- Avoid alcohol and aspirin for 2 days after surgery. These are blood thinners and may cause bleeding and delay the healing process.

**SMOKING:**

- We strongly advise **NOT TO SMOKE** after surgery. Smoking will delay healing, increase discomfort, and may encourage bleeding and infection in the surgical sites.