



Sinus Bone Graft Augmentation Surgery Post-Operative Instructions

Antibiotic You need the prescription for this before your surgery. Be sure you get prescriptions filled ahead of time. Use the antibiotic as prescribed, start taking it **3 days prior to your surgery** (unless directed otherwise) and use to completion. You can reduce stomach upset by taking it with food and/or plenty of liquid.

If Augmentin is prescribed: Take 1 pill every 8 hours until all gone, starting 3 days before your surgery. If Zithromax is prescribed: Take 2 pills 3 days before your surgery, then 1 pill per day until gone. Must be taken on an empty stomach. Take 1 hour before or 2 hours after meals.

Ibuprofen: Unless you have a reason you can't take Ibuprofen (such as an allergy to Ibuprofen or Aspirin, or a stomach ulcer), take 1 tablet **800mg of Ibuprofen** by mouth every 8 hours. Start the day of the surgery, and take for the next 2 days. After that you can still take it as needed for pain. Do not use ibuprofen for more than one week. If you take an 81mg aspirin daily, taking an NSAID (such as Ibuprofen) and Aspirin around the same time can reduce the blood thinning effect of Aspirin. To avoid this, take the Aspirin 8 hours after the last Ibuprofen, then wait at least 1/2 hour before taking any more Ibuprofen.

Narcotic Medications: Take one pain pill as soon as you can after surgery. After that, take only as needed. Take any narcotic pain pills with food and/or plenty of liquid. Do not drive after taking any narcotic pain pill and do not take them with sleeping pills or alcohol

Medrol Dose Pack (yellow box):- It is an anti-inflammatory steroid, which helps prevent PO swelling. Start in the morning the day before your oral surgery. The instructions are listed on the package as to how to take them. Make sure you read it well and follow the directions.

Chlorohexidine (Peridex®), an oral antiseptic: We want you to use this starting the morning of your oral surgery. Rinse out with 1/2 ounce (there is a fill line on the bottle cap) for 30 seconds, then spit it out. Do not rinse it out with water or eat/drink anything for 30 minutes afterward or it will decrease it's effectiveness. Use until the bottle is gone, which should be about 2 weeks.



Ice bag: Use a cold pack (a plastic bag of frozen peas works well) to the face over the area where the procedure was done. Apply for 10 minutes at a time, twice an hour, for the 1st day. You should periodically use an ice bag the next day for 10 minutes at least 10 times.. If you use the ice bag as directed, you should have less swelling than you would have otherwise. Less swelling = less pain. Do not use hot packs or a hot water bottle.

Sleep somewhat inclined: For the first 2 nights after the procedure, sleep in a recliner chair or with your head propped up with some pillows. A recliner is better. If you keep your head above your heart level for the first 2 days, it will significantly cut down on post-op swelling. Less swelling = less pain.

Swelling Most people get some swelling and, if they do, it usually happens about 36-48 hours after the surgery. Using the ice bag, medications, and sleeping inclined as directed above, will help a great deal with keeping it to a minimum.

Inhaling, nose blowing: Avoid things that will make you sneeze or cough. Do not blow your nose hard or vigorously inhale. If you have to cough or sneeze, do it with your mouth open. This will allow the pressure to go out the mouth, not the nasal sinuses. Do this for 1 month.

Stitches: The stitches around the surgical site are usually non-dissolvable and they will need to be removed about 3 to 4 weeks later.

Oral hygiene: Do not use a water-pik for 1 month after the procedure. Do not use an electric toothbrush around the surgical site for 1 month after the procedure. After that, it should be OK. Around the area of the surgery, for the first 2 weeks, do not brush, even with a hand held regular toothbrush. Use a wet Q-tip soaked in Chlorohexidine and gently “brush” the tooth/teeth around the gum line of teeth next to the surgery site for the first 2 weeks. You can brush the areas not worked on all you want. After 2 weeks, a soft toothbrush gently used around the tooth/teeth where the surgery was done is OK. Do not floss around the tooth/teeth worked on for 2 weeks, so you don’t accidentally take out any of the stitches. After 2 weeks, there should be no oral hygiene restrictions, except no water-piks & electric toothbrushes for 4 weeks.

Exercise: Avoid strenuous exercise for the first 7 days. Strenuous physical activity may increase post-operative pain or cause post-operative bleeding and swelling. Less activity equals less pain.



Touching the surgical site It is important that the surgical site remains untouched during the initial stages of healing. We recommend that you avoid stretching your mouth to look at the site and avoid playing with your tongue on the surgical sites.

Bleeding: “Pink” saliva is normal for a few days. If you have bleeding, gently wipe the area clean of any “blood clots” first. It has to be thoroughly cleaned first. Then apply gentle (not real hard) pressure to the surgery site for 10 straight minutes with a soaking wet tea bag (black tea works the best), or a soaking wet gauze pad, or a clean washcloth, etc. Be sure it is soaking wet. If it is not, the clot will stick to it and start bleeding again when you pull it away. If it just won’t stop, call. Some blood in your nose is normal for a few days, as the nose and the sinus are connected.

Food: Stay on a soft diet, chew away from the surgery area and avoid any foods that would be more likely to get stuck in the surgery site, such as corn, popcorn, nuts, and seeds (fruits like strawberries have seeds). Do this for up to 3 weeks. Citric juices, carbonated beverages or acidic foods, like tomatoes, may make it hurt, but won’t damage the healing, though. For the first 7 days avoid really hot foods or drinks. Several glasses a day for the 1st week or 2 of a nutritional food supplement (Carnation Instant Breakfast drink, Ensure, Slim-Fast, etc.) is advisable as a food supplement. Ensure makes a product called Glucerna for diabetics. After 3 weeks, there should be no eating restrictions. Nothing but light sucking with a straw for the first 2 weeks. No milkshakes with a straw for 3 weeks.

Smoking: Don’t. It is better to not smoke 1 week before until 6 weeks after the sinus augmentation surgery. Smoking and smokeless tobacco may adversely affect healing and may cause pain and/or a poor result, especially if used during the 1st 6 weeks. This includes pipes and cigars. If you do smoke, keep it 5 cigarettes or less per day and only smoke the 1st half the cigarette and then discard it. Do this starting one week before your surgery and do it for at least 6 weeks post-op. Do not blow the smoke thru your nose; blow it out your mouth.