

## POST OPERATIVE INSTRUCTIONS FOR MAXILLARY SINUS LIFT ELEVATION SURGERY



**Patrick Carroll DDS  
(Oral Surgeon)**

The following information applies when upper jaw bone height or width has been lost. The graft is placed to help restore your jaw bone in preparation for possible implant replacement of the missing tooth or teeth.

This procedure regains lost bone height in the back portion of your upper jaw. It is an important procedure, as it allows implant placement in an area that could not be implanted otherwise because of insufficient bone height due to an enlarged sinus.

**Do not under any circumstances blow your nose or sneeze holding your nose for the next 4 (four) weeks.** Even though your sinus may feel “stuffy” or there may be some nasal drainage. This may be longer if indicated. You may sniff all you like but **no blowing**. Slight bleeding from the nose is not uncommon for several days after the surgery.

Anything that causes pressure in your nasal cavity must be avoided.

- Do not forcefully spit for several days
- Do not forcefully blow your nose for at least 2 (two) weeks
- Try not to sneeze (this causes undesired sinus pressure). If you must sneeze, keep your mouth open
- Do not use a straw for several days
- Avoid *bearing down* – as when lifting heavy objects, blowing up balloons, playing musical instruments that require a blowing action, or any other activity that increases nasal or oral pressure.
- Smoking **must** be stopped for at least 2 (two) weeks post-surgery
- Eat only soft foods for several days – always trying to chew on the opposite side of your mouth.
- Do not rinse vigorously for several days. Gentle salt water swishes may be used.

Decongestants such as Dimetapp® or Sudafed® will help reduce pressure in the sinuses. You will also be given a prescription for antibiotics. Please take them as directed.

**Oral Hygiene:** Do not rinse or spit for several days post-surgery. This tends to disturb the blood clot and open the wound, and it can prolong bleeding and slow healing. You should not have a significant amount of blood in your mouth. Saliva can be swallowed, even if slightly blood tinged.

Keeping your mouth clean after surgery is essential to reduce the risk of infection. Start with saltwater rinses several days post-surgery. Gently rinse after a meal with ½ tsp salt dissolved in an 8-ounce glass of warm water.

Do not brush the teeth in that area of surgery for 48 hours. When brushing and expectorating be extra gentle.

A liquid or soft diet is recommended for the first 2 (two) weeks. Avoid sucking through straws and eating hard or crunchy foods. Restrict your activities on the day of surgery and return to normal activities slowly.

**Smoking:** Do not smoke for at least 2 (two) weeks after surgery, if at all. Smoking dramatically increases the risk of bone graft and sinus augmentation failure.

**Post-Operative Problems or Complications:** As with any procedure, unexpected post-operative conditions can occur. Please let us know if:

- You notice any 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 sinus or nasal congestion on the side your surgery was performed.
- There is an increase in swelling in your mouth, cheek, or under your eye after 3 (three) days