# Sinus Augmentation/Graft Post operative instructions

As with any surgery, the first 48 hrs. are most critical for as uneventful healing as possible. During this time period it is best to keep your activity to a minimum. If you can sleep with your head elevated in a recliner it is best.

Some bleeding through your nose is not uncommon. Follow normal care for a nose bleed. Keep your head/nose up, apply tissue to nostrils as needed. If bleeding persists, call the office of Dr. Reese.

It is important to avoid increasing ‘air pressure’ to your sinus cavities that were just operated. This is done by:

 Don’t Sneeze, if you must KEEP your mouth OPEN if you feel a sneeze coming on.

 Don’t blow your nose, Just wipe as needed.

Stay indoors and out of a draft to avoid a head cold, and avoid anyone suffering with sinus infections.

Bruising over the cheek bones is common and may extend under the eyes.

 Keep ice over the cheek area on the side where grafting was done.

 Keep ice on 20-30 minutes at a time.

Consistent use of ice over the first 48 hrs. and sleeping with your head elevated will minimize the swelling and bruising.

If you have previously worn a denture or partial it has been relined with a soft reline to act as a “compress” over the surgery site. Keep this in place as much as comfortable to wear.

Taking the denture or partial out every hour if blood is tasted, and rinse with cold water. Immediately replace the full denture if that is what you have.

If you only had one side augmented, and don’t have to wear the partial it may be left out until after sutures are removed.

Under the soft reline material are sutures. These will be removed at 10 days. If the office doesn’t call you to schedule this in the first few days after your surgery, be sure to call and schedule this accordingly.

Take your pain pills as directed.

 Narcotic pain relief, Vicoden, Tylenol #3, or Percocet should be used the first few days as needed.

 The homeopathic pain relief kit, Stella Life, is a very effective non narcotic pain relief aid, and has an antibacterial rinse to use lightly.

 After 2-3 days, you may only need two Extra StrengthTylenol or 600 mg. of Ibuprofen every 4-6 hrs. Best results are to alternate these two medications every 4-6 hours.

Call the office should you have any concerns. 317 882-0228