

## Post Operative Instructions Following Sinus Augmentation Procedure

The key to a successful sinus augmentation procedure is your comfort, and your care of the area during the next two to three weeks. This means you must keep the area stable, and take the prescribed medications as directed to prevent infection. Here are some tips that should help in your recovery.

- **DO NOT blow your nose for roughly three weeks, you could make a hole in the sinus membrane**
- Try not to sneeze or cough with a closed mouth as it places additional pressure on the sinus membrane, and can introduce bacteria into the graft. Therefore, if sneezing or coughing occurs it should be done with the mouth open to relieve pressure within the sinus.
- Apply an ice pack to the outside of your mouth, alternating 20 minutes on, 20 minutes off for 24 hours to reduce pain and swelling. Ice chips in the mouth work to reduce swelling as well.
- Eat soft foods as tolerated. They should be of a high protein nature (scramble eggs, ice cream, boiled chicken, soup, etc.)
- For the first 24 postoperative hours drink plenty of fluids (juice, water, milk)
- **DO NOT** drink any form of carbonated beverage or drink from a straw
- **Do expect a good amount of swelling and some bruising under the eye and down the neck. These findings are common, and do not indicate an infection or other problems.**
- **The greatest pain and swelling occurs three (3) days from the day of surgery**
- Sleep with your head elevated above your heart. Even with the elevation you will find swelling will be most noticeable upon waking-up in the morning
- No heavy activity or exercise for **AT LEAST** 72 hours following surgery. The surgical site needs to stay stable for optimal results
- Follow instructions given by Dr. Grimard, and take your prescribed medications as directed. **Please read pain drug medication instruction sheet.**
- A nasal decongestant is recommended to cut down on sinus congestion. For example: Afrin Nasal Spray or Actifed. Instill nasal drops or nasal spray 3 times daily for 3-4 days. Place your head over the edge of the bed so that your nostrils are facing upward. Instill the nasal drops and remain in position for 2 minutes to allow the solution to reach the sinus cavity. Sudafed is a good decongestant if you can take it.
- **Do not hesitate to contact Dr. Grimard if you have any questions or if problems arise regard your condition during business hours at (719)545-6485. Please contact us and not your regular dentist if you have a concern**
- **In an after hours *emergency*, you can contact Dr. Grimard pone or text message at 719-553-7167.**

## IMPORTANT DRUG INFORMATION

### **Non-Steroidal Anti-Inflammatory Medications (NSAIDs)    Advil (Ibuprofen) or Alleve (Naprosyn)**

NSAIDs are medications used to control mild to moderate pain. These medications also have an anti-inflammatory action, helping to decrease swelling and inflammation at the surgical sites. The major side effect of NSAIDs is stomach upset. Take these medications with meals or with milk to lessen this complication. If you are prone to stomach ulcers, take this medication cautiously and discontinue if you have any stomach pain, nausea, or vomiting. **Do not take NSAIDs if you have had any allergic type reactions (itching, swelling, rash, difficulty breathing, etc.)** after taking ibuprofen (Motrin, Advil), aspirin, or other non-steroidal anti-inflammatory medications (Aleve).

**Recommended dose of NSAIDs after surgery. Only take ONE of the NSAID medications listed below.**

→ Take four (4) tablets of the over the counter (OTC) ibuprofen (200mg/tablet) every eight (8) hours. Do not exceed 2400mg in 24 hours.

**or**

→ Take one (1) tablet of the over the counter (OTC) naprosyn (220mg/tablet) every eight (8) hours. Do not exceed 660mg in 24 hours.

### **Acetaminophen (Tylenol)**

Tylenol is a pain reliever and fever reducer that works in a different way than NSAIDs do. Tylenol can be taken in conjunction with NSAIDs, alternating between the medications.

→ Take two (2) tablets of Extra-Strength Tylenol (500mg/tablet) every eight (8) hours. Do not exceed 4000mg of Tylenol in 24 hours.

### **Recommendations:**

→ Alternate between one of the above NSAIDs described above and acetaminophen (Tylenol)  
Example: Take 800mg of ibuprofen (wait 4 hours) then take 1000mg of Tylenol (wait 4 hours) then take 800mg of ibuprofen (wait 4 hours) then take 1000mg of Tylenol etc.....

### **Vicodin (Hydrocodone + acetaminophen (Tylenol))**

This medication is used to control moderate to severe pain. This medication may make you drowsy, so avoid operating any machinery, making business decisions or driving while taking this medication. Take 1 tablet every 6 hours as needed for pain. Vicodin can be taken in conjunction with the above mentioned NSAIDs, but **discontinue any use of acetaminophen** (Tylenol), because Vicodin already has acetaminophen compounded in it. An overdose in acetaminophen can lead to liver failure.

**This medication may or may not be prescribed to you.**

**Make sure your doctor is aware of any allergies, medications, medical conditions such as pregnancy, heart, lung, liver, stomach, colon, kidney disease, and diabetes before taking these medications. There may be severe interactions with these medications and your condition.**