



Post-Op Instructions **Sinus Lift**

The first 24 hours after your surgical procedure are the most important and will ultimately determine the outcome of your procedure and the course of your healing.

Follow these post-op instructions to achieve optimum results.

1. Absolutely no activity for 24 hours and only light activity in the week to follow. Heavy activity will increase blood flow, which can lead to breakthrough bleeding and swelling.
2. Do not sneeze or blow your nose for 1 week at least.
3. **ICE:** Alternate every 15 minutes with the ice pack (15min. on/ 15 min off). This will accelerate your healing and minimize and swelling or bruising.
4. **Sudafed 120mg ER:** Take 1 tablet, two times a day for 1 week.
5. **Afrin nasal spray:** One puff in each nostril, two times a day for first three days, take 1 day off and then one puff in each nostril two times a day for 3 more days.
6. **Ibuprofen:** You can alternate between the pain meds and Ibuprofen (Every 4 hours if needed.)
7. Sleep with your head elevated at night. This will also help to minimize any swelling.
8. **FOOD:** Absolutely only soft food for the first 2 days. Nothing hot for the first 24 hours. Yes I'm sorry but you need to eat your soup and drink your coffee at room temp. ☺
9. **HYGIENE:** Absolutely no brushing or flossing the area for the first 2 weeks. Cleanse the area with the Peridex mouthwash using a q-tip to gently wipe around the tooth. Usually flossing may be resumed after 2 weeks. This will be determined at your follow up appointment.
10. **ANTIBIOTICS:** Take your antibiotics until they are completely finished.
11. **SUTURES:** Your sutures (will / will not dissolve). They will be in place for at least 7-10 days so try not to play with them with your tongue. The sutures will be removed when the tissue is stable. It is not uncommon for sutures to come loose or dissolve earlier than expected.
12. **EMERGENCY:** Should you have any problems with bleeding, swelling, or pain please call Dr. Gandhi at the office 972-272-6543 or after hours on his cell 469-371-0763.