



Postoperative Instructions for Sinus Lift Procedure

- Take your medications as directed (antibiotics, analgesics, anti-inflammatory medications, Peridex, Afrin and Sudafed)
- Avoid smoking.
- Do not blow your nose for 2 weeks (this could create positive pressure which could spread air through confluent soft tissue planes, creating a soft tissue emphysema)
- Avoid sucking liquid through a straw (because this creates negative intrasinus pressure)
- Try not to sneeze or cough, otherwise it must be done with mouth open to decrease internal antral pressures.
- Some nasal bleeding (oozing of blood through the nose) may occur during the first day
- Rest
- Place light pressure and ice on the surgical site. (Only for 24 hours after surgery)
- Keep the head elevated. (First night the head should be elevated on two or more pillows. This will prevent airway obstruction, or aspiration of blood and heavy saliva, and will diminish edema)
- Liquid diet for 2 days (Carnation Instant Breakfast, Meritene and Ensure are recommended) then soft foods (the consistency of mashed potatoes or scrambled eggs) may be consumed following the second day and for at least 2 weeks (until the mucosal incision has closed completely).
- Do not wear any prosthesis for 2 weeks.
- Do not lift or pull on lip to look at sutures.
- Schedule a postoperative check-up, and return for your visit in one week.

Call notify us if:

1. You feel granules in your nose.
2. Your medications do not relieve discomfort.
3. You have questions.

Dr. Shah's Emergency Line: 6189175805