



THE DENTAL SPECIALTY CENTER

FALCON

7520 Bierstadt Hts. #125
Falcon, CO 80831
Ph: (719) 654-0105

Dr. Audrey Wang, DDS

Dr. Anthony Thomas, DDS

Dr. Scott Whitney, DDS

INSTRUCTIONS FOLLOWING SINUS AUGMENTATION

The key to a successful sinus grafting procedure is your comfort and the care of the area during the next few days. This means that you must keep the area stable and take the prescribed medications as directed to prevent infection.

- DO NOT blow your nose
- Swelling, bleeding, bruising of the cheek/face is part of the normal healing process.
- Try not to sneeze. It may cause additional pressure on the sinus and introduce bacteria into the graft. Therefore, if sneezing occurs, it should be done with the mouth open to relieve pressure within the sinus, as a cough.
- Apply ice pack or frozen bag of peas to your face 15 minutes on, 15 minutes off for 24 hours to reduce pain and swelling.
- Eat very soft foods as tolerated. They should be of a high protein nature (Soft boiled eggs, milk, ice cream, malts, boiled chicken, soup, etc.)
- For the first 24 post-operative hours drink plenty of fluids: juice, water, milk. Expect a good amount of swelling and some discoloration. These findings are common and do not indicate infection or other problems.
- Sleep with your head well elevated. By doing so, you may experience decreased swelling, but may still be marked the next morning.
- Don't exert yourself for at least the next couple of days (minimum of 48 hours). The surgical site needs to be stable for optimum results.
- Do not fly for 2 weeks following a sinus augmentation.
- Follow the instruction(s) given to you by our office and take your prescribed medications as directed:
- ANTIBIOTICS: Use as directed.
- DECONGESTANT: Use as directed
- PAIN MEDICATION: It is not unusual to have discomfort for at least the first week following your surgical procedure. After surgery for pain relief and to reduce inflammation and tissue swelling,

please take 600-800mg of Ibuprofen (Advil, Motrin, or generic) three times a day for at least three days. Do not take any other aspirin or Ibuprofen products while taking this medication, excluding acetaminophen (Tylenol). It is advisable to not take pain medication on an empty stomach, as nausea may result.

**You will be seen for follow-ups weekly for the first 6 weeks after surgery. If excessive bleeding, pain, swelling, or infection occurs after surgery, please contact the office at (719) 654-0105 or Dr. Wang cell at (719) 602-7029