

Post-Op Instructions for Sinus Lift Surgery

Activity

- May be dizzy or lightheaded following surgery.
- No Strenuous exercise, no alcohol, no driving for 48 hours post-op.
- Rest at home for first 24 hours. Then increase activities over one week.

Diet

- Soft foods for first 24 hours then eat as tolerated.

Things to avoid (7–10 days following procedure):

- Do not blow your nose.
- Sneeze only with your mouth wide open.
- Do not lift heavy objects over five pounds.
- Do not smoke.
- Avoid disturbing the area that has been surgically treated. Do not feel this area with your tongue.
- Do not drink through a straw and avoid sucking (i.e.: Popsicle)

Suggestions for Comfort:

- Elevate head on two pillows.
- Ice packs over cheeks for 15 – 20 minutes every 3-4 hours.
- Brush only the adjacent teeth on day of surgery, and then resume normal brushing after 24 hours.
- Cool vapor humidifier at bedside for first week.

You may use nasal decongestant or a nasal spray or nose drops as directed on package. Do not use aspirin or Aspirin products.

- Use pain medications as directed.

Call your doctor immediately for any of the following:

- Bright red bleeding for more than 10 minutes or heavy bleeding.
- Fever over 101 degrees, neck stiffness, or unrelieved headaches.
- Vision problems: Double vision, loss of vision, black eyes or bulging of eyes. Vomiting lasting more than 24 hours.

It is important that you keep your post-operative appointment.

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