

# Post-Operative Instructions for Sinus Lift Bone Grafting

## Innova Dental Implant Institute

A sinus lift bone grafting procedure helps regenerate sufficient bone height and volume in the upper jaw (maxilla), either to prepare for future implant placement or in combination with implant placement at the same time. Please follow these instructions carefully to help ensure proper healing and the long-term success of your treatment.

## Protecting the Sinus



### Do Not Blow Your Nose

- ▶ Refrain from blowing your nose or forcefully sneezing for at least **4 weeks** (or as directed by your surgeon). If you must sneeze, keep your mouth open to avoid creating pressure in the sinus.



### Avoid Pressure Changes

- ▶ Activities that change sinus pressure—such as using a straw, forceful spitting, scuba diving, playing wind instruments, or flying in pressurized aircraft—should be avoided until you receive clearance from Innova.
- ▶ If you feel congested, ask your doctor or pharmacist about using nasal decongestants (e.g., Sudafed®) to help relieve pressure.

## Bleeding



### Initial Gauze

- ▶ Keep the gauze in place for about **30 minutes** after surgery, or as instructed. Change it at regular intervals until bleeding subsides, which typically occurs within 6-8 hours.



### Normal vs. Excessive Bleeding

- ▶ Slight oozing or a pink tinge in your saliva is normal for up to **72 hours**. If you notice heavier bleeding, moisten new gauze with cold water, place it directly over the surgical site, and bite gently for **30 minutes**. You can also use a damp tea bag (black tea) in the same manner.



### Nose Bleeds

- ▶ Small amounts of blood from the nose can sometimes occur due to the nature of sinus surgery. If this happens, sit upright, apply a cold compress to your nose/cheek area, and rest. If nasal bleeding is heavy or persistent, contact Innova immediately.

## Swelling and Bruising



### Ice Packs

- ▶ Use ice packs on the outside of your cheek(s) for **20 minutes on, 20 minutes off** during the first **48 hours** while awake. This helps minimize swelling and discomfort.



### Head Elevation

- ▶ Keep your head elevated (e.g., use extra pillows or a recliner) for the first **2–3 days** to reduce swelling.



### Heat Therapy

- ▶ After **48 hours**, you may switch to warm compresses if swelling and stiffness persist. Bruising of the cheek and jaw area is common. Discoloration (black, blue, yellow) is normal and will resolve over time.

## Pain Management



### Medications

- ▶ Take prescribed pain medications or over-the-counter ibuprofen/acetaminophen as directed. Start pain management before the numbness wears off for best results.



### Narcotic Caution

- ▶ If you're prescribed a narcotic pain reliever, avoid driving, operating heavy machinery, or consuming alcohol while taking it.

## Oral Hygiene



### First 24 Hours

- ▶ Do not rinse or spit forcefully. Gently brush your other teeth but avoid the surgical site. Remember to use the medicated rinse (e.g., chlorhexidine).



### After 24 Hours

- ▶ Begin gentle saltwater rinses (½ teaspoon of salt in 8 ounces of warm water) **2–3 times a day**, especially after meals. Swish slowly and let the water drip out—do not spit forcefully.



### Avoid WaterPik/Strong Irrigation

- ▶ High-pressure irrigation devices can disrupt the graft. Avoid using them near the surgical site for 3 months.



## Diet



### First Day

- ▶ Start with clear liquids and progress to soft foods at your own pace



### Soft Diet

- ▶ Choose soft, nutrient-rich foods (e.g., soups, smoothies eaten with a spoon, scrambled eggs, yogurt) for the first few days to promote healing.



### Hydration

- ▶ Drink plenty of fluids (5–6 glasses of water a day). Staying well hydrated supports healing and reduces the risk of nausea.



### Avoid Crunchy/Hard Foods

- ▶ Seeds, nuts, chips, and similar foods can get stuck in the surgical site. Stay away from them until the area has healed.

## Physical Activity



### Rest

- ▶ Limit strenuous activity for at least **1 week**. Avoid any movement or exercise that may cause increased nasal or oral pressure (e.g., heavy lifting).



### Gradual Return

- ▶ Most patients can resume light activity after a few days. Return to your normal routine only when you feel comfortable.

## Smoking and Tobacco



### Stop Smoking

- ▶ Smoking significantly hinders healing and can lead to bone graft failure. We strongly recommend quitting at least **2 weeks** before and after surgery. If needed, discuss nicotine alternatives (patches, gum) with your doctor. Smoking will likely cause the graft to fail.

## Prosthetics and Night Guards



### Dentures/Partials

- ▶ If you wear a removable prosthesis, do not use it immediately post-surgery unless your Innova surgeon advises otherwise. When you do place it, ensure it does not put pressure on the graft area.



### Night Guards

- ▶ Continue using your night guard if instructed, but be cautious around the surgical area. If it feels tight or uncomfortable, contact our office.

## Follow-Up and When to Call Us



### Follow-Up Appointments

- ▶ We will schedule check-ups to monitor healing. For sinus lift grafts, these appointments are critical. If you have implants placed concurrently, you'll need additional follow-up to ensure proper integration.



### Contact Innova If You Experience

- ▶ Persistent or severe pain that is not controlled by prescribed medications
- ▶ Excessive or prolonged bleeding beyond the third day
- ▶ High fever (over 101.2°F) or signs of infection (foul smell or discharge)
- ▶ Uncontrolled sinus pressure, persistent nose bleeds, or suspected sinus issues
- ▶ Any other unusual or concerning symptoms

We are here to support your recovery. Following these guidelines will help ensure the best possible healing and long-term success of your sinus lift bone graft. If you have any questions or concerns, please do not hesitate to contact **Innova Dental Implant Institute**.

Thank you for trusting us with your care. We look forward to helping you achieve a successful implant outcome.



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