



**B&G Dental**  
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### **Post-Operative Instructions – Sinus Lift**

**Swelling:** In some cases, puffiness and swelling may result and should not cause alarm. This may be kept to a minimum by holding an ice bag on the outside of the face, adjacent to the surgical area for the first six to eight hours after your visit. Leave it on your face for fifteen minutes, then off for fifteen minutes.

**Bleeding:** It is normal for saliva to be slightly streaked with blood. In order to stop bleeding, place a moist piece of gauze or a cold, wet, squeezed tea bag over the surgical site and bite down for twenty minutes. Repeat if necessary. Keep fingers and tongue away from the surgical site. In the weeks following surgery, you may experience some red-tinged post-nasal phlegm. This is a normal healing process.

**Rinses:** Do not rinse mouth until the following day. On the morning following surgery, rinse mouth thoroughly with Peridex, Listerine, or warm salt water (half teaspoon salt and six ounces warm water). Repeat this after each meal for the first two weeks.

**Denture:** Dentures should not be worn until the denture has been relined or adjusted. Insertion of dentures too early may jeopardize a successful healing process.

**Diet:** To prevent any inadvertent food particles from contaminating or injuring the surgical site, you should only consume liquid and mashed foods during the first two weeks. Some examples include: fruit juices, ice cream, soup, Ensure, Carnation Instant Breakfast, custard, mashed potatoes, peas, corn, and any food mashed in a blender. Smoking and consumption of alcoholic beverages should be avoided during the first two weeks.

**Sleeping:** Keep your head elevated with two pillows while sleeping.

**Precautions:**

- Sneeze with your mouth open for the next two to four weeks.
- Wipe your nose. **DO NOT** blow your nose for the next two to four weeks.

If you experience nasal congestion, use your favorite over-the-counter nasal decongestant (i.e. Sudafed, Dristan).

**Concerns:** If you have any doubts or concerns, please do not hesitate to contact the office at (617) 364-5500.