



Post Operative Instructions - Sinus Elevation Procedure

- *Mild discomfort is readily controlled with Ibuprofen or Tylenol, if a stronger pain medication was given, please take as directed only if necessary to prevent discomfort.*
- **Do not rinse, swish, or drink from a straw for the first 24 hours after surgery.**
- Avoid blowing your nose for 4 weeks after the surgery.
Avoid sneezing. If you do sneeze, try to limit the nasal pressure.
Avoid bending over, try to keep your head above the level of your heart.
- At the surgical site, avoid brushing for a few days. Brush and floss the other areas of your mouth.
- If you would like to rinse 24 hours after surgery, you may rinse with **OraCare**. OraCare is Activated Chlorine Dioxide and there is no burning, no staining, and it is sulfate free. This is a professional strength rinse and is Available at Nevins Dental Center (it is only sold through dental offices).
- Nourishment is important for the healing process. Eat foods that are easy to chew, and supplements such as protein shakes. You may chew on the opposite side of your mouth from your surgical site. Avoid foods that require heavy pressure for chewing.
- Avoid excessive exertion of any type including cardiovascular exercise for 24 hours after the surgery.
- In some cases, you may experience edema or swelling. Swelling is often delayed until 24 to 48 hours after surgery. You can expect that 48 hours after the surgery your swelling will peak and then begin to dissipate. Any swelling may be kept to a minimum by holding an icepack on the outside of your face, adjacent to the treatment area, for the first four to six hours after your surgical visit – 20 minutes on, 20 minutes off. Ice should not be used after the first 24 hours as it may extend the duration of swelling.
- Occasional bloodstains in the saliva may be expected. Your saliva may look light pink in color, this is normal for the first 24 hours after the surgery. If some bleeding continues, take a piece of gauze or a dry tea bag (damp with cold water) and cover the area then apply pressure for approximately 10 minutes. If bleeding does not stop, please contact Dr. Nevins.
- Please take your prescribed antibiotic until it is finished.
- If you feel congested or have a runny nose, use over the counter antihistamine (Sudafed, Claritin D).
- Alcohol should be avoided until the regimen of antibiotics is completed and your body receives adequate rest and nutrition.

If you have questions, please call us at: 617-720-0285

In case of emergency after hours please call Dr. Nevins' cell phone: (617) 901-0647