
Patient Self-Care Following Sinus Augmentation Surgery

ACTIVITY: After leaving our dental office today, we suggest you consider relaxing or at least limiting your activity as much as possible for the remainder of the day. Avoid strenuous activity or aerobic exercise for the next 2-3 days.

DISCOMFORT: Some discomfort may be present when the anesthesia wears off. You have been given a prescription for Ibuprofen, anti-inflammatory (NSAID) analgesic, assuming it is not contra-indicated per your health history. If you are experiencing uncomfortable pain, you may add Tylenol (up to 1000 mg) every 6 hours. Once the anesthesia wears off from the appointment most are comfortable with the Ibuprofen only. If you are not comfortable, follow this regimen: 800 mg ibuprofen + 1000 mg of Tylenol (acetaminophen) for one to three 6-8 hour cycles. Then, try to cut down on the Tylenol by taking 800 mg of ibuprofen and 500 mg of Tylenol. Try this regimen for a few days. Studies show this regimen is actually more powerful than the use of narcotics.

INFECTION: If you have been given an antibiotic please continue taking it, as directed, until all of the pills have been taken. After a few days, if pain or swelling increases or you are experiencing an elevated temperature, please call the doctor.

ANTIHISTAMINE USE: If you use an antihistamine please continue, one tablet every 5-8 hours, or 2-3 times per day for at least the first 4-5 days, particularly if you are having symptoms of "stuffiness or tendency to sneeze. Antihistamines can make you drowsy, if you are experiencing this than reduce the dosage, i.e, take them twice a day instead of three times a day. Continue to use the nasal spray, one puff every 5-8 hours for the first 3 days, or longer if symptoms of "stuffiness" and difficulty breathing through your nose are present.

SWELLING: It is normal for some swelling to occur after surgery, particularly in the lower jaw. To minimize swelling after surgery, apply an ice bag wrapped in a light tea towel or handkerchief to the outside of your face over the operated area. This should be left on your face for about 20 minutes, then removed for 20 minutes, or alternated from side-to-side, between operated areas, for 2-3 hours after surgery. The use of both ice and the NSAID analgesic as described above will reduce the amount and duration of facial swelling.

BLEEDING: It is common to have slight bleeding for a few hours following surgery. If bleeding persists, apply a moistened tea bag to the surgical site with firm but gentle pressure for 15-20 minutes. Let yourself rest for 15 minutes then repeat the application of a tea bag for a second time if you still have slight bleeding. If excessive bleeding continues, please call our office. Remember, most of the blood you may see in your mouth is actually a little bit of blood mixed with a lot of saliva - blood is a very strong "dye" and a little bit of blood will color your saliva dramatically

ORAL HYGIENE: Brushing and oral hygiene procedures should be done as usual in all untreated areas. Avoid dental flossing in operated areas during the first week following surgery. Also avoid the use of water irrigation devices such as Water-piks for 1 month following surgery. The exposed operated areas should be gently swabbed with a swab sponge saturated with the rinse in your Post Operative bag as a last oral hygiene procedure at bedtime and again in the morning, after eating and drinking starting the day after your procedure for the next seven days. An extra soft p-op toothbrush is provided and should be used 3-4 days following the swabs.

EATING AND DRINKING: Do not try to eat until all anesthesia (numbness) has worn off. High protein foods and liquids are desirable for 3-5 days following surgery. Semi-solid foods may be eaten as long as this may be done comfortably. Eggs, custard, yogurt, pasta, steamed vegetables, casseroles, cooked cereals are some things that you might consider eating during the first few days following your surgery. Avoid use of straws at least one week. Avoid spicy, salty, acidic, or very hot foods or liquids. Also, avoid nuts, chips or other crunchy or fibrous foods which may become caught between your teeth.