



FOUR SEASONS DENTAL & MED SPA

The *WrightSmile*™ Changes Lives

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Post Sinus Lift Home Care Instructions

General – After any surgical procedure performed in the mouth, one can expect **some** bleeding, swelling and discomfort. Those occurrences will be minimized if these instructions are followed carefully.

1. Treat with ice for the first 48 hours (20 minutes on and 20 minutes off).
2. Do not blow your nose forcefully. Sniff back only and wipe end of nose. Blowing your nose too hard could cause the bone-graft material to move, and loosen the stitches.
3. Try to avoid sneezing, but if one comes on, sneeze through the mouth, and do not pinch the nose.
4. Use over the counter Actifed or Sudafed for 1 week.
5. No smoking for 48 hours.
6. Nose bleeds are normal and may occur up to several days following surgery.
 - a. Treat by leaning head back, apply ice and direct pressure.
 - b. Do not be alarmed by the presence of bone granules. Some drainage is normal from the nose and mouth, just wipe away.
7. Severe cheek swelling is also normal following this procedure. If eyes swell shut, please call our office or the phone number below.
8. If any of the following occur, contact our office immediately.
 - a. Any swelling or pain gets worse over time. (It should decrease after the first two days or so.)
 - b. The bleeding does not stop after one to two days.
 - c. You think the bony material may have been dislodged after sneezing or blowing your nose.
 - d. Pain does not decrease over time.
 - e. You develop a fever.