



Periodontics

POST-OP INSTRUCTIONS FOR SINUS GRAFTS

1. Apply your ice pack to the outside of the face in the area of surgery. Hold it lightly and very still against the skin. Do NOT rub the ice pack back and forth. Hold the ice pack 20 minutes on/20 minutes off the site for at LEAST 4 hours immediately after surgery. Longer is better, especially if you are uncomfortable.
2. Augmentin (antibiotic) has been prescribed; take it as directed and until it is all gone. If you have a reaction to this medication, contact us immediately. Analgesics (pain medication) should be taken as directed. If Motrin has been prescribed for you, take 1 tablet (600 mg) 3 times a day for 3 days. Always take your medications with at least 8 ounces of liquid to decrease the chance of an upset stomach. Taking analgesics and antibiotics at different times will also help prevent this problem. If you have any reactions to the medications, call us immediately.
3. A slight amount of bleeding for a day is quite normal; however, if the bleeding is excessive and black clots form please call us immediately. NEVER rinse or soak your mouth on the first day with warm salt water. DO NOT place dry tissue, cotton or gauze in the mouth unless instructed by us.
4. DO NOT RINSE your mouth the day of surgery! Sip on a NON-carbonated beverage that has plenty of ice in it for the remainder of the day of surgery. AFTER 24 HOURS, proceed with warm salt water soaks. Make this with a ¼ teaspoon of salt and ½ cup of warm water. NO heavy swishing. Use these warm salt water soaks 3 times a day until your post-op visit.
5. After 24 hours beginning using Peridex/Chlorhexidine. It is a very effective antimicrobial mouth wash to be used as follows: Use as follows: rinse with ½ ounce (1 capful) for 30 seconds in the morning and in the evening. Do NOT eat or drink anything (including water) for at least 1 hour after using the Peridex. Continue to use until your post-op appointment. You can brush and floss the other areas of your mouth, just anywhere close to the surgical sites.
6. Do NO home care in the surgical site area until the sutures are removed, except for the warm salt water soaks and the use of Peridex which starts after 24 hours. Routine home care can be done in the rest of your mouth, but do NOT use a WaterPik or a electronic toothbrush.