

Goehring Dental

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Post-Operative Instructions for Maxillary Sinus Lift Surgery

Precautions:

- ❖ Take your medications as prescribed
- ❖ Do not blow your nose!
- ❖ Do not smoke or use smokeless tobacco (for at least one day after surgery; two weeks is preferred)!
- ❖ Do not use a straw to drink liquids!
- ❖ Do not pull up your lip to look at stitches!
- ❖ If you must sneeze, do so with your mouth open (avoid unnecessary pressure on the sinus)
- ❖ It is not unusual to feel small granules of graft material in your mouth

Ice Pack:

Apply an ice pack to your face over the area operated on, using it for 15 minutes and then leave it off for 15 minutes. This regiment can be used during the first 24 hours. It may help to reduce swelling or pain, although slight swelling, discomfort and discoloration are normal.

Chewing:

Chew on the opposite side of your mouth. You should avoid hard foods that require heavy pressure for chewing. To avoid an upset stomach, you should keep some food in your stomach at all times, such as one of these suggested below:

Milk	Bread	Cereals	Eggs	Broth
Soups	Banana	Custard/puddings	Mashed potatoes	Jell-O
Juices	Ground meat	Ice Cream/shakes	Soft cheese	Diet concentrates

Blood Stain:

You should recline during the first 3-4 hours, keeping your head elevated to reduce possible bleeding. There may be a small amount of blood in the saliva for a few hours after surgery; this is normal. If bleeding continues use the additional gauze from the packet given to you. Fold gauze into pad, dampen the pad, and then place it directly over the spot that is bleeding and apply pressure by biting firmly for 1 hour. This may need to be repeated. A tea bag dipped in ice cold water may also be used in place of the gauze for persistent bleeding. If bleeding continues, call Dr. Goehring or Dr. Badea.

Toothbrushing:

Do not use your toothbrush or dental floss on the area that was operated on for one week.

Activity and Exercise:

Since you have had a surgical procedure, you should go home and limit you activities for the remainder of the day. Casual walking is OK. Avoid aerobic and strenuous exercise for 2 months.

Patient signature and Date