



James Lipon Dentistry
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T8V 7W5

POST-OPERATIVE INSTRUCTIONS FOR SINUS GRAFT CLIENTS

Swelling

Ice packs will help reduce the swelling but should never be placed directly on exposed skin. Rather, wrap an ice pack (or a package of frozen vegetables) in a damp towel and place gently on the sides of your face, 30 minutes on, 30 minutes off.

Sever cheek swelling is normal following this procedure. If your eyes swell shut, please call our office.

Nosebleeds

Nosebleeds are normal and may occur for several days following surgery. Treat by leaning your head back; apply an ice pack and direct pressure. Don't be alarmed by the presence of bone granules; drainage is normal from both the nose and mouth – wipe gently away.

Sneezing

Try to avoid sneezing. If one comes on, sneeze through your mouth – don't pinch your nose.

Medication

Start taking your prescribed pain medication before the freezing wears off; take as directed by your dentist.

Actifed or Sudafed can be purchased from your pharmacist. Take for one week as directed on the bottle to reduce sneezing and congestion.

Smoking

Do not smoke at all during the first 72 hours after surgery to reduce your chances of having post-operative problems. Smoking can increase pain and lead to poor healing.

Blowing Your Nose

Avoid blowing your nose. When necessary, gently sniff and wipe the end of your nose.