



GEORGE CROW DMD  
PERIODONTICS & IMPLANT SURGERY

### **POST-OPERATIVE INSTRUCTIONS FOLLOWING SINUS ELEVATION SURGERY**

For rapid healing, it is essential that the following directions be adhered to during the first week post-operatively.

1. **DISCOMFORT:** Discomfort will vary from patient to patient. Taking the prescribed medication as directed can control discomfort. **Studies indicate that taking these pills before discomfort starts is most effective.** The following protocol is recommended:
  - MOTRIN 800mg. (IBUPROFEN) every 8 hours.
  - NARCOTIC MEDICATIONS (TYLENOL #3, VICODIN OR PERCOCET) can be taken in addition (every 4-6 hours) if discomfort continues after using the Motrin. Be aware that narcotic medications will make you drowsy. Therefore you should not drive while taking these medications.
2. **ANTIBIOTICS:** Use prescribed antibiotics as directed. If any unfavorable reaction occurs (nausea, vomiting, headache, dizziness, rash, etc.) while taking this or any medication, discontinue its use and contact our office immediately.
3. **SWELLING:** Swelling and discoloration is not unusual and usually disappears within a week. This can be controlled by applying an ice pack to the surgical area (20 minutes on and 20 minutes off) for the first 24 hours after surgery. Warm, moist packs may be used after the initial 24 hour period to help reduce swelling and promote healing.
4. **BLEEDING:** Slight seeping from the surgical area is to be expected for at least 24 hours. Should oozing or bleeding occur, it may be stopped by gently biting on moist gauze. If persistent bleeding occurs. Call immediately for instructions.

5. **CARE OF THE MOUTH: YOU SHOULD NOT BRUSH, FLOSS OR PROXABRUSH THE SURGICAL AREA** until your next postoperative appointment. Peridex mouth rinse has been prescribed to keep the surgical area clean. Rinse for 30 seconds after each meal. Avoid swishing fiercely, especially at surgical site. Move head side to side, light swishing only. All other areas of your mouth should be brushed, flossed or proxabrushed.
6. **DIET:** Adequate nutrition is essential for normal healing. **COLD OR LUKE WARM, SOFT FOODS SHOULD BE CHEWED SLOWLY.** A high protein diet is desirable (milk, eggs, cottage cheese and yogurt.) Anything with seeds or hard crust should not be eaten during this initial healing.
7. *NOSE BLOWING and COUGHING: This can disrupt the early healing. Therefore refrain from blowing your nose or coughing (if possible). If you need to sneeze or cough do it with an open mouth please.*
8. **NUMBNESS:** You may be numb for several hours after surgery. This may include parts of your lip and tongue. Therefore avoid biting these areas.
9. **DECONGESTANTS:** Certain patients experience sinus congestion following the procedure. This is usually temporary and can be controlled with an over the counter decongestant. Ideally this should not be used for 2 days after surgery. **PATIENTS WITH HIGH BLOOD PRESSURE SHOULD NOT TAKE THIS MEDICATION .**
10. **REST:** Avoid any strenuous activity for 24 hours after surgery. An elevated headrest (extra pillow) should be used during the first night after surgery.

**If you have any questions or concerns, do not hesitate to call the office.**