



POSTOPERATIVE PATIENT INSTRUCTIONS FOLLOWING SINUS GRAFT SURGERY

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WE URGE YOU TO FOLLOW THE ADVICE BELOW VERY CAREFULLY IN ORDER TO MAXIMIZE THE BENEFIT OF YOUR SURGICAL OUTCOME AND RECUPERATE AS QUICKLY AS POSSIBLE WITH THE LEAST AMOUNT OF DIFFICULTY.

ADVANCED AESTHETIC CENTER FOR
ORAL AND MAXILLOFACIAL SURGERY

INSTRUCTIONS

1. PLACE ICE ON THE FACE FOR THE FIRST FORTY EIGHT (48) HOURS [30 MINUTES ON - 30 MINUTES OFF] AS MUCH AS POSSIBLE. EXPECT SWELLING, DISCOMFORT OR PAIN AND BRUISING. THE SWELLING PEAKS IN TWO (2) DAYS, AND DURING THIS TIME IS WHEN THE ICE IS MOST EFFECTIVE. USE IT. SEVERE CHEEK SWELLING IS ALSO NORMAL FOLLOWING THIS PROCEDURE. IF YOUR EYES SWELL SHUT, PLEASE CALL OUR OFFICE AT THE PHONE NUMBER ABOVE.
2. NO BLOWING NOSE. DO NOT BLOW YOUR NOSE UNTIL INSTRUCTED TO DO SO. SNIFF BACK ONLY AND WIPE THE END OF NOSE. WIPE OR DAB YOUR NOSE GENTLY WITH TISSUE OR Q-TIPS™ IF NECESSARY. YOU MAY WASH YOUR FACE CAREFULLY.
3. **NO SMOKING** FOR AT LEAST FORTY EIGHT (48) HOURS; THE LESS YOU SMOKE THE BETTER! THE CHEMICALS AND THE HEAT FROM THE SMOKE CAN CREATE A WOUND OPENING AT THE INCISION, AND POTENTIALLY CAUSE THE GRAFT TO GET INFECTED AND FAIL.
4. NOSE BLEEDS ARE COMMON AND MAY OCCUR UP TO SEVERAL DAYS FOLLOWING THIS TYPE OF GRAFTING SURGERY.
 - ❖ TREAT BY LEANING THE HEAD BACK, APPLY ICE AND DIRECT PRESSURE.
 - ❖ DO NOT BE ALARMED BY THE PRESENCE OF BONE GRANULES (GRAFTING MATERIAL.) SOME DRAINAGE IS COMMON AND NORMAL FROM THE NOSE AND MOUTH; JUST WIPE IT AWAY.
5. TRY TO AVOID SNEEZING, BUT IF ONE COMES ON, SNEEZE THROUGH THE MOUTH. DO NOT STIFLE YOUR SNEEZE. DO NOT PINCH THE NOSE. WE ARE TRYING TO PREVENT PRESSURIZED AIR FROM ENTERING THE SINUS CAVITY AND POSSIBLY BLOWING THROUGH THE ORAL INCISION.
6. AVOID RINSING, SPITTING, DRINKING THROUGH A STRAW AND ALCOHOL MOUTH WASHES FOR THE FIRST TWENTY FOUR (24) HOURS AS IT MAY PREMATURELY DISSOLVE THE BLOOD CLOT(S). A GENTLE RINSING WITH WARM SALT WATER [ONE HALF (1/2) TABLESPOON OF SALT DISSOLVED IN A LARGE DRINKING GLASS - 8 OZ.] AFTER EACH MEAL AND AT BEDTIME IS IMPORTANT AFTER THE FIRST TWENTY FOUR (24) HOURS. A PLASTIC, CURVED TIPPED SYRINGE WAS PROVIDED TO YOU TO HELP YOU RINSE THE SURGICAL SITE(S) EASIER; **USE IT!** MAKE SURE YOU PLACE THE TIP OF THE SYRINGE OVER SURGICAL SITE AND FLUSH GENTLY. A PRESCRIPTION ANTIMICROBIAL RINSE (PERIDEX® OR PERIOGARD®) MIGHT BE PRESCRIBED FOR YOU; USE AS SPECIFIED BY THE INSTRUCTIONS ON THE BOTTLE, AND START THE DAY FOLLOWING SURGERY ALONG WITH YOUR REGULAR SALT RINSES. AFTER SEVENTY TWO (72) HOURS A MORE VIGOROUS RINSING IS ENCOURAGED. RINSING SHOULD BE DONE AFTER ANY EATING AND AT BEDTIME FOR AT LEAST TWO (2) WEEKS. COMMERCIAL MOUTH WASHES LIKE LISTERINE® OR SCOPE® CAN BE USED AFTER TWENTY FOUR (24) HOURS AS LONG AS THEY DO NOT STING THE SURGICAL SITE.
7. TAKE THE MEDICATIONS THE DOCTOR HAS GIVEN YOU FOR INFECTION, PAIN, SWELLING AND BRUISING AS INDICATED. USE OVER THE COUNTER DECONGESTANTS LIKE ACTIFED® OR SUDAFED® FOR ONE (1) WEEK.
8. AVOID SMILING, GRINNING, AND EXCESSIVE FACIAL MOVEMENTS FOR ONE (1) WEEK. THE TISSUES ARE TIGHT FROM THE SWELLING, AND THIS COULD POSSIBLY CAUSE PAIN AND OPEN THE WOUND AS WELL.
9. SOFT COLD FOODS FOR THE FIRST TWENTY FOUR (24) HOURS. EAT ON THE OPPOSITE SIDE OF WHERE THE GRAFTING WAS DONE IF THE SURGERY WAS NOT DONE BILATERALLY. ADVANCE YOUR DIET AS TOLERATED. AVOID FOODS THAT REQUIRE PROLONGED CHEWING; THESE MIGHT HURT. OTHERWISE, YOUR DIET HAS NO RESTRICTIONS. IF YOU ARE WEARING A FULL DENTURE, TEMPORARY DENTURE (I.E. FLIPPER) OR BRIDGE THE DOCTOR WILL INSTRUCT YOU AS TO WHEN YOU CAN PLACE IT BACK IN YOUR MOUTH.
10. AVOID EXTREME PHYSICAL ACTIVITY. OBTAIN MORE REST THAN YOU USUALLY GET AND AVOID EXERTION, INCLUDING ATHLETIC ACTIVITIES AND INTERCOURSE. IF YOU ARE TAKING PAIN KILLERS YOU SHOULD NOT DRIVE, WORK OUT, EXERCISE OR PLAY SPORTS.
11. AVOID FOR THREE (3) DAYS THE AREA OF SURGERY WHERE THE STITCHES ARE LOCATED; THEN START BRUSHING SOFTLY THE TEETH IN THIS AREA. BRUSH YOUR TEETH GENTLY WITH A SOFT TOOTHBRUSH ON THE CHEWING SURFACES AND ON THE SIDE OF THE ROOF OF YOUR MOUTH ONLY. YOUR LOWER TEETH CAN BE BRUSHED THE DAY FOLLOWING SURGERY.