



# East York Dental Centre

## POSTOPERATIVE INSTRUCTIONS FOLLOWING SINUS LIFT

1. Do not blow your nose.
2. If you must sneeze, do so with your mouth open to avoid any unnecessary pressure.
3. Do not smoke or use smokeless tobacco. Smoking greatly inhibits the healing, especially in the sinus graft.
4. Do not take liquids in through a straw.
5. Do not lift or pull up on your lip to look at the stitches, as this may actually create damage and tear the stitches.
6. Take your antibiotics as directed and until finished.
7. Please take pain medication and oral rinse (Peridex- if prescribed) as discussed with your doctor. *(Please note the mouth rinse may stain your teeth but the stain is completely reversible).*
8. You may have some bleeding from the nose. This is not uncommon and should pass quickly.
9. You may be aware of small granules in your mouth for the next few days. This is not unusual, as your graft is mainly made of particles and some excess particles will be lost.
10. If you feel congested, you may need to use antihistamines or decongestants.