

## South Shore

LONG ISLAND  
PERIODONTICS &  
IMPLANTOLOGY PC

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## POST-OPERATIVE CARE INSTRUCTIONS SINUS GRAFTING

### BLEEDING

- Leave gauze pad in place for at least **thirty minutes**, using light but firm biting pressure to control bleeding
- **Do not spit, sip through a straw, or rinse mouth** during the first day
- If bleeding persists, apply one or two moistened tea bags over the area and press firmly for fifteen minutes. Repeat once if necessary, and if bleeding persists, please call.
- Blood-tinged saliva is not unusual and may persist for several hours, or even overnight.
- **Do not blow your nose for 2 weeks. If possible sneeze through your mouth for 2 weeks.**
- **Do not lean your head forward. Bend your knees instead.**

### ORAL HYGIENE

- **After the first 24 hours**, rinse mouth with gentle lukewarm salt water
- A **Chlorhexidine rinse** may be prescribed to cleanse the surgical site
- Brush your remaining teeth, gums and tongue with a new toothbrush, as thoroughly as possible, taking precaution to avoid disturbing the site

### SWELLING

- Swelling and bruising will be greatest during the first **24-72** hours following surgery
- To minimize swelling, place an **ice bag** on the affected side of your face, alternating fifteen minutes on the face, and fifteen minutes off the face. Continue applying ice to the area for the rest of the day.
- If possible, at night **elevate your head** by using extra pillows

### DIET & EXERCISE

- **Only consume soft foods during the first day or two following surgery**, in order to avoid contaminating the wound with food particles. Jello, ice cream, yogurt, applesauce, etc. are recommended instead.
- **Avoid very warm or spicy food** for the first two days following the procedure
- Avoid eating on the side of your mouth that was operated on
- Smoking is discouraged for the first two weeks following surgery
- Alcohol consumption is also discouraged for the first three days
- **Do not exercise** for **three** days following surgery (aerobic activity).

### ANALGESICS & ANTIBIOTICS

- If you have any discomfort, take 2 Tylenol, Advil, etc., at four hour intervals. If we have given a prescription for you, take as directed.
- Take the prescribed antibiotics tablets in accordance with instructions on the bottle.
- If you develop a **fever above 100 degrees**, call the office.

### DENTURES

- **Do not** wear removable dentures until specified (wearing dentures too early will jeopardize healing).

**\*If you have any questions or problems, please feel free to contact the office at any time\***