

POSTOPERATIVE INSTRUCTIONS – Sinus Bone Grafting

Bleeding

Slight bleeding for a number of hours after surgery is not unusual. Many patients think they are bleeding more than they actually are as the blood mixes with their saliva creating greater fluid volume. In some cases you may notice a small amount of bleeding from the nose. This is not uncommon after sinus bone graft surgery. Holding ice water in your mouth can also be used to control minor oral bleeding. If there is excessive bleeding or the bleeding continues call the office or the doctor's cell phone for further instructions. You may need to return to the office for surgical care.

Pain

You will likely have pain in the surgical site for 2 to 5 days and possibly longer. It is better to take the pain medication on a regular time schedule and prevent it, rather than trying to relieve acute pain. You can refer to the postoperative instructions on medications for further details on pain medications and pain management. If the pain medications are not adequately controlling your pain please call the office or the treating doctors cell phone for further instructions. Do not drive, work or operate machinery if you take the narcotic pain medication (hydrocodone). Limit your activity the first few days. Trying to do too much too fast increases your swelling which increases your discomfort.

Swelling

Swelling after oral surgery is expected. Swelling typically peaks on the 3rd day after surgery and then slowly decreases over time. To minimize initial swelling apply a cold pack to the face next to the operated area (from our office, zip-loc bag with crushed ice, or frozen peas). Keep the cold pack on for 10 minutes, then off for 10 minutes. Repeat this cycle the rest of the day for 2 to 3 days. If you lay down use a pillow to elevate your head. As noted previously the more active you are the more swelling you can expect. You should not exercise for at least 1 week. Increasing your heart rate will cause more bleeding and swelling. Bruising may also occur after oral surgery. In some cases gravity will cause the bruising to extend into the neck and chest. This is not common but it is normal. Applying a heating pad can accelerate resolution of the discoloration.

Sinus Precautions

Do not blow your nose forcefully after surgery and do not withhold a sneeze. Sneeze with your mouth wide open. If you feel congested you may use an over the counter decongestant nasal spray such as Afrin. To properly use the nasal decongestant spray, gently blow your nose, shake the bottle, insert the applicator into the nostril and aim slightly outward and upward (toward the outer corner of the eye). Spray gently while inhaling deeply, then exhale slowly through your mouth, and repeat these instructions for the other nostril. You may also consider the combined use of an oral decongestant pill

such as Sudafed. Avoid bearing down as when lifting heavy objects, blowing up balloons, playing musical instruments that require a blowing action, or any other activity that increases nasal or oral pressure! No scuba diving for 6 weeks. Flying in a plane with a pressurized cabin should be fine after surgery.

Diet

Increase your fluid intake following surgery and maintain a softer diet. Avoid carbonated beverages (soda) and hot drinks (coffee/tea) for one week as this can dissolve the blood clot. Stay hydrated with water or juices. Avoid the use of a straw for 2 weeks. It may be difficult to chew and open your mouth following surgery. You can use moist heat or a heating pad on the jaw muscles for comfort. Non-steroidal anti-inflammatory medication (ibuprofen) can also help with jaw muscle soreness. A nutritious diet is important for you healing. Chop food into smaller pieces or use a blender to puree your food. A daily multivitamin is also advised. Thorne is a quality company and brand for supplements. Google search – “Thorne Multi-Vitamin Elite” for ordering and delivery. For bone healing we recommend taking a Vitamin D3 supplement. It should also contain K2. Bettervits (<https://bettervits.com>) is a highly rated Vitamin D supplement that also contains K2. Food supplements and meal replacement shakes with protein may also be considered. The following companies provide shakes that have been highly ranked by nutritionists – Kachava, Biome Secret, 310 Nutrition, and Huel Black Edition. Simply Google the company name to order the product. Protein intake helps with your healing and recovery. Avoid foods that can cause trauma to the surgical site such as popcorn, chips, nuts and seeds.

NOTIFY OUR OFFICE IF ANY OF THE FOLLOWING OCCUR:

If your pain or swelling increases after 3 to 5 days

If the sutures become loose or dislodged. Do not remove them yourself!

If you have any sign of a drug reaction or drug allergy (see medication instructions)

If you develop a fever (temperature > 100 degrees)

If you have any sign of an infection such as redness of the skin, drainage (pus) or a bad taste in the mouth

Pain from your surgery is not controlled by the medications

If you develop nausea that prevents drinking adequate fluids or maintaining a normal scheduled dietary intake.

You develop persisting diarrhea from the antibiotic

If you have any questions or concerns not discussed in these instructions we welcome any questions to help you understand your treatment.

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