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to Excellence*

Sinus Graft Surgery Post-Operative Instructions

The maxillary sinus is anatomically directly above your upper jaw towards the back of your mouth. It is an empty cavity that drains through your nose. Therefore, it is typical to have some increased drainage through your nostril after a procedure in this area. This drainage may appear blood-tinged and is typically related to the clotting process that is occurring. Slight bleeding from the nose is not uncommon for several days after surgery. If grafting was done, occasionally there can be some graft fragments that will work their way out of your nose, this is not uncommon, but please notify our office. It is advisable to follow some precautions to allow as little disturbance to the healing process in the sinus and jaw bone.

The following are some precautions after a procedure that includes your maxillary sinus to avoid complications and disruption of the surgical site or augmentation:

DO NOT:

1. Do not smoke for at least 2 weeks. The suction of smoking the cigarette, and also the nicotine and carbon monoxide of the cigarette can impair the healing process.
2. Do not use a straw and avoid sucking. The suction will tend to disrupt the healing process that has started.
3. Do not blow your nose for at least 2 weeks. Though you may notice some drainage; it is better to wipe your nostril than to vigorously blow your nose. Blowing your nose is counterproductive as it will tend to disrupt any healing that is already occurring.
4. Do not sneeze with your mouth closed. This creates excess disruptive pressure in your nose and sinus. Please sneeze with your mouth open and do not pinch your nose.
5. Do not laugh real hard and do not lift up your lip repeatedly to look at the wound. This will stretch the tissues and put unnecessary tension on the sutures.
6. Do not lift or push objects. Avoid physically exerting yourself by pushing or lifting objects.
7. Do not bend over. Keep your head above the level of your heart. Sleep with your head slightly raised.
8. Do not play a wind instrument, blow up balloons or other similar activities for at least 2 weeks.

9. Do not scuba dive or fly in an airplane for at least 2 weeks.

If bone grafting was done you may notice small granules in your mouth for the first few days. You may also occasionally feel granules in your nose. If this happens repeatedly; please contact our office.

It is likely that you may be advised to take an antibiotic and decongestant as well as pain medication. Please take these medications as prescribed. Do not stop taking them on your own. If there are any problems with any medications, please notify our office.

Medications often prescribed:

Antibiotic – take as directed

Chlorhexidine – rinse 3 times a day starting 24 hours after surgery

Sudafed decongestant – take as directed

Pain medication – Ibuprofen and Acetaminophen

OTC Medications

Afrin Nasal spray - May be taken for 3 days, but after this must be stopped

Ocean Mist Nasal Saline – to keep inside of nose from drying out

Sudafed decongestant – take as directed

Pain medication – Ibuprofen and Acetaminophen