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POST-OPERATIVE INSTRUCTIONS – SINUS GRAFT

Stay plate: Wear your denture or stay plate (flipper) as instructed to do so by Dr. Filippi.

Pain: It is best to take the first pain pill before the local anesthetic wears off. Take your pain medicine as prescribed for the first 48 hours after surgery.

Swelling: Ice should be placed to the outside of the face over the surgical area immediately after surgery. An ice pack should be applied for at least 1-2 hours, 15 minutes on and 15 minutes off. This will help to minimize swelling, but some swelling is normal in the first 3-4 days.

Bleeding: The surgical area will ooze slightly for the first 1-2 days. This means that your saliva will appear pink or light red. Active bleeding is indicated by bright red blood in your saliva. If this occurs, place a moist gauze or tea bag over the surgical dressing and apply constant, firm pressure for 15 minutes. This normally will stop any bleeding. If active bleeding still occurs call the office.

Sinus/Nasal Care: DO NOT BLOW YOUR NOSE, SNEEZE, OR COUGH for the first week. Take Sudafed for first week as directed on the packaging.

Antibiotics: Take the antibiotics as prescribed by the doctor.

Food: It is important to eat because nutrition is important to proper healing. During the first week eat soft foods. Eat nothing hard, crunchy, or with tiny seeds (such as nuts, potato chips, popcorn, and strawberries). Avoid hot and/or spicy foods because these may encourage swelling. Cool, icy drinks will help soothe the mouth as well as help to reduce bleeding and swelling. DO NOT USE A STRAW.

Tobacco and Alcohol: Avoid tobacco and alcohol use for the first few days. These habits dry out the mouth, slow healing and can cause the premature loss of the blood clot from the extraction socket.

Home Care: During the first week, brush and floss all teeth EXCEPT those in the surgical area. After the first 24 hours, gently rinse the area with warm salt water. Dissolve 1/8 teaspoon of salt in 8 oz of warm water. Rinse 4-5 times per day especially after eating.

IF YOU HAVE ANY PROBLEMS OR QUESTIONS, DO NOT HESITATE TO TELEPHONE THE OFFICE AT ANY TIME. 209-572-6008.