



# Central Valley Periodontics & Implants

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## POST-OPERATIVE INSTRUCTIONS – SINUS GRAFT

**Stay plate:** If you have a stay plate (aka flipper) or other removable appliance (complete denture or partial denture), wear it as instructed.

**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.

**Pain:** It is best to start the pain medication before the local anesthetic wears off. Take your pain medicine as prescribed for the first 3-4 days after surgery. If you feel that you are having an adverse reaction to the medication, immediately stop taking it and call the office.

**Swelling:** Ice should be placed to the outside of the face over the surgical area immediately after surgery. Use an ice pack for about 10 minutes of each hour for the first 12 hours. You should also keep your head elevated above your heart for the first 48 hours. While these will help minimize swelling, 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 site and apply constant, firm pressure for 15 minutes. This normally will stop any bleeding. If active bleeding still occurs call the office. Occasionally some bleeding may occur from the nostril on the treated side. If this occurs, call the office.

**Antibiotics:** Take any antibiotics as prescribed by the doctor. If you feel that you are having an adverse reaction to the medication, immediately stop taking it and call the office.

**Food:** Only eat soft foods during the first week. This means do not eat anything 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 DURING THE FIRST WEEK.

**Smoking and Alcohol:** Avoid tobacco, marijuana and alcohol use for the first few days. Smoking may increase the risk of complications, including infection and graft failure, during healing since your sinus cavity is connected to your nose.

**Home Care:** During the first week, brush and floss all teeth normally EXCEPT those in the surgical area. Brush the teeth in the surgical area as instructed by the office. You may gently rinse the area with warm salt water. Dissolve 1/8 teaspoon of salt in 8 oz. of warm water. Gently 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.