



POST OPERATIVE CARE FOR SINUS LIFT PATIENTS.

Do not disturb the surgical area.

Do not push it with your tongue, finger or handkerchief. Especially during the first few days.

Avoid the temptation to pull your lip or cheek out to look at the area, as this may cause the wound to breakdown.

You may experience some discomfort, swelling and bruising following surgery. This may increase up until around the third day, after which it should gradually improve. Your dentist will have discussed with you the likely extent of this.

- Avoid blowing your nose for two weeks
- Sneeze through your mouth
- Avoid flying
- For the first few days avoid exercise, heavy lifting or sudden stooping as this increases blood pressure and may cause bleeding and wound breakdown.
- There is a chance that a nose bleed may occur after the procedure. Should this happen sit upright and apply a cold compress.
- Rinse with Corsodyl mouthwash three times a day, last thing at night and after breakfast being the most important. Keep the mouthwash in for between 30 seconds to 1 minute. Avoid the temptation to rinse with water after this, to get rid of the taste. Continue this mouthwash regime until at least your next suture removal/review appointment, where we will advise you further.
- Avoid alcohol completely for one week, then only in moderation over the next few weeks.
- Do not smoke for at least two weeks following surgery, as this will interfere with the healing process.

If you have any concerns please contact the surgery: Tel 01626 365896 and speak to one of our team or contact your dentist on the number provided.