

West LA Implants

POSTOPERATIVE GUIDELINES FOR PATIENTS RECEIVING SINUS LIFT / AUGMENTATION PROCEDURES

For rapid healing and complete recovery following surgery it is necessary to adhere to the following directions.

Activity: Reduce your activity following surgery. No running, weight lifting or any strenuous aerobic activity or contact sports for 48 hours. Refrain from exercises that may place your head below your heart such as Pilates or Yoga. Do not take airplane flights for 10 days.

Care of your mouth: Immediately after surgery keep ice cold water or cold foods, such as ice cream or low-fat yogurt, for 6-8 hours. Do this as continuously as possible. Allow these cold foods to defrost in your mouth thereby cooling the surgical site. Gentle application of an external ice pack may be helpful. Do all normal cleaning procedures of teeth that did not have surgery. Try not to sneeze or blow your nose. Sneezing, coughing hard or blow your nose can disturb the graft.

Discomfort: Following all types of surgery you can expect some discomfort. If pain medication is prescribed, take as directed. If nausea develops, take the medication with milk and food. **Do Not** drink alcohol beverages in combination with pain medication.

Swelling: In some cases, swelling may be expected. Generally, we prescribe anti-inflammatory medications to be used for 3-4 days following surgery. This will minimize the swelling. In addition, taking in cold water or other cold liquids for 6-8 hours immediately following surgery is essential in order to minimize swelling. **You must stay on cold liquids the remainder of the day following surgery.** After 24 hours, any temperature liquid may be used. Do not apply heat for 72 hours. An external ice pack may be helpful, but keeping cold in the mouth is essential. An ice pack should be placed for 15 minutes, then removed for 15 minutes in a cycle.

Bleeding: A small amount of bleeding may be expected. Please do not do any spitting, rinsing or sucking. Biting on the gauze that has been provided, soaked in cold water, is ideal to prevent bleeding after surgery. You may experience nose bleeds. Please **Do Not** blow your nose.

Eating: Eat only cold, soft foods, mainly liquid for 3-4 days following any surgery. Do not eat hard, chewy, crunchy or spicy foods.

Dentures: Please do not wear your dentures for the first 2 weeks after surgery. Please do not wear your dentures until instructed to do so by the doctor.

Antibiotics: If antibiotic are prescribed, take them as directed until they are **all gone**. If an allergic reaction and/or nausea develops, call the office.

Nose Sprays: If you have congestion, use Afrin or similar sprays to prevent congestion but do not clean your nose by blowing. Clean with a Q-tip if necessary. If the nose is dry and cracking use saline sprays to keep your nose moist.

Smoking: Do Not Smoke. Smoking can seriously irritate and delay healing of tissue.

Telephone: If you have questions, call the office @**310.481.0111**. After hours and weekends, someone will call back ASAP.