



GUIDELINES FOR SINUS LIFT SURGERY

BEFORE SINUS SURGERY

Bleeding reduction protocol: With permission from your physician please discontinue the following medications **prior to surgery:**

- Discontinue **aspirin** and any medications containing aspirin two weeks prior to your surgery
- Discontinue **Advil, Motrin** or any non-steroidal anti-inflammatory medication two days prior to your surgery
- Discontinue **Vitamin E** one week prior to your surgery

Please inform our office if you are taking any other blood thinning medication such as: **Warfarin, Plavix, Coumadin, Aggrenox**, and other anti-coagulation medications at the time of your consultation.

AFTER SINUS SURGERY

Significant swelling is normal following surgery. It is essential that you ice adjacent to the surgical site over the next 24 hours alternating the pack 10 minutes on and 10 minutes off (during waking hours). Swelling peaks 2-3 days following surgery. Some bleeding from the site and/or nose bleeding is normal for up to 48 hours after surgery. We advise you sleep with an extra pillow under your head to stay elevated for the first night. Take your prescriptions as directed.

- **Antibiotic:** Take as directed starting the night before surgery and continue until gone
- **Peridex:** Start gently rinsing one day after surgery or apply with a Q-tip if desired

Please do NOT blow your nose, cough forcefully, or cause any suction to your mouth such as drinking through a straw for 7 days following sinus surgery. Avoid rinsing or spitting for the first 48 hours.

Drink plenty of fluids for the next few days to stay hydrated. We hope you will enjoy whatever soft foods feel comfortable following surgery.

- Some suggested foods: ice cream, milkshakes (don't forget no straw!), pasta, eggs, yogurt, mashed potatoes, Jell-O, pudding, applesauce, oatmeal, cottage cheese, Carnation Instant Breakfast, Ensure, protein shakes. Avoid hard or crunchy foods that could injure the surgical site until further directed by your surgeon.

Rest is essential for successful recovery. We recommend **complete** rest the day of surgery and reduced activity for the rest of the week. During that time, do not exercise, run walk, lift weights or do any activity that will elevate your heart rate.

HEMOCARE: A clean mouth heals faster! For optimal healing it is critical to continue excellent oral hygiene practices in all **non-surgical sites** to keep the bacterial load in your mouth low. However, **do not brush the surgical site until instructed. Starting the evening following your surgery, use the prescribed rinse morning and night gently rinsing for 30 seconds** (after brushing and flossing all teeth outside the surgical area). To get the maximum benefit of the prescribed mouthrinse avoid eating or drinking anything for 30 minutes after rinsing. In addition, you may gently rinse your mouth with warm salt water (1/4 tsp. to 8 oz water) after each meal. (Note: Do not use salt water if you have hypertension). Avoid any vigorous rinsing for the first 48 hours.

SMOKING: Smoking is detrimental to healing tissues and will negatively impact your surgical results. If smoking cessation is not a realistic option for you, please refrain from smoking for at least 72 hours prior to and 3 weeks following surgery as studies have shown that this will improve long-term results.

It is our sincere mission and desire that you are as comfortable as possible following surgery. If you should have any problems or questions please call our office 248-901-0000. For after hours emergencies please feel free to call your doctor on his personal cell:

Abbey Sayed: 248.763.9220