



POST OPERATIVE INSTRUCTIONS AFTER SINUS AUGMENTATION

Your doctor has given you these instructions because you received treatment to increase the height of bone available for your dental implant. It is imperative that you follow the instructions listed below carefully, to maximize your healing and improve the long-term outcome of your dental implant(s).

1. Do **NOT** blow your nose for at least 7 days, as the pressure will delay or damage your sinus healing.
2. If you have to sneeze, do **NOT** hold it back. To minimize pressure on your graft, sneeze with your mouth open.
3. You may use **nasal decongestants**, such as over-the-counter Sudafed or Afrin nasal spray. Especially if you have noticed continued drainage or feel the need to blow your nose, these medications will help keep your nose and sinuses dry.
4. Take the **antibiotics** prescribed by your doctor until they are finished. They protect the surgical site from infection. To reduce gastrointestinal complications, like diarrhea, eat yogurt or take probiotics daily.
5. **Do not drink through a straw.** This creates suction, which may damage a healing blood clot. You may drink out of a cup, bowl or use a spoon.
6. You may experience a nose bleed on the side where you had your surgery.
7. **Do not smoke.**

If there are any serious problems or questions that need a doctor's immediate attention, one of our group's doctors is available 24 hours through the answering service at (707) 545-4625