

# POST-SURGICAL INSTRUCTIONS

## Maxillary Sinus Augmentation

### Discomfort/Pain/Swelling/Bruise:

Please take all medications as prescribed to control pain and swelling. The maximum prescribed dose in a 24 hour period for Ibuprofen is 3,200 mg and for Tylenol is 4,000 mg.

This may differ depending on your health history.

Rx: \_\_\_\_\_

### Bleeding:

Minor bleeding or oozing after an oral surgical procedure is normal. However, if you have excessive bleeding, take a piece of gauze and dampen with cold salt water. Gently hold the gauze against the bleeding area for 30 minutes.

If bleeding does not stop, please contact us.

### Infection:

Please take any prescribed antibiotic medication until completely finished. Call your doctor if you experience any excessive swelling, an unusual amount of warmth to the area, throbbing, or great discomfort after the first 24/48 hours.

Rx: \_\_\_\_\_

### Heat & Cold:

Cold packs may be used to reduce swelling during the first 24 hours after surgery. They may be applied in a 20 minutes on-20 minutes off fashion. Try to avoid heat in the surgical area.

### Diet:

Maintain a well-balanced, **soft diet** (soup, mashed potato, yogurt, etc.)

Spicy foods and alcohol may cause discomfort and interfere with the healing; please try to avoid them.

### Activities:

Strenuous physical activity, especially swimming, should be avoided for at least ten days. It is normal to feel tired after surgery.

**Do not use a straw to drink and avoid any sinus pressure. This includes blowing your nose. If this cannot be avoided, try to do so gently and with your mouth open.**

### Home Care:

The day following surgery, begin to rinse your mouth with prescribed mouth rinse as directed. The mouth rinse will replace your toothbrush for cleaning the surgical site. Otherwise, brush normally. **Avoid any tension or pressure at the surgical site. This may tear the sutures and open the wound!**

If you have any questions or concerns, please contact us:

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THANKS and GET WELL SOON!