
Ithaca Oral Surgery and Implant Center

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Diplomate of the American Board of Oral & Maxillofacial Surgery
Not a NY Article 28

INSTRUCTIONS FOLLOWING ORAL SURGERY TREATMENT FOR SINUS LIFT

Post op. Appointment, Name: _____

Day: _____

Date: _____

Time: _____

BLEEDING:

Some bleeding, (a slow intermittent ooze) is to be expected following surgery. If a gauze pad has been placed in your mouth following surgery, leave it in place for at 30 minutes, held firmly between your teeth, directly over the surgical site.

If bleeding is profuse and continuous, place additional sterile gauze pads over the site of operation and exert firm, constant pressure with your finger or by biting firmly. **Avoid expectorating (spitting).**

RINSING:

DO NOT RINSE your mouth for at least 7 days following surgery unless instructed to. The graft is granular and covered by a thin membrane, therefore, rinsing or expectorating may dislodge the graft.

Normal hygiene (gentle) may resume the next day. Toothbrushes should be kept away from the graft area. A small amount of toothpaste on your fingertip or on a Q-tip can be used to keep adjacent teeth clean.

SWELLING AND DISCOLORATION:

It should be noted that a certain amount of swelling and discoloration following surgery is to be expected and that the height of the swelling is usually toward the end of the 48 hours following surgery. The appearance of discoloration may not manifest itself for 2-3 days and may take up to 2 weeks to completely resolve.

To minimize swelling, place an ice bag or cold towel to your face for 30 minutes of every hour during the first 48 hours.

After the second day, you may place a warm heating pad or towel to your face for 20 minutes of every hour, as long as there is no swelling on your face.

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SMOKING:

Refrain from smoking for **at least 7 days**. Stopping forever is strongly recommended.

DIET:

A light diet is advisable during the first post-operative day. A full liquid diet may be the most comfortable. **DO NOT USE STRAWS** for 14 days following surgery.

PAIN:

The intensity of post-operative pain is usually greatest from 4-8 hours following the operation, regardless of the medication prescribed. Please follow the doctor's orders regarding analgesics and if pain persists in severity after 12 hours, please call this office.

DRIVING:

All patients who undergo general anesthesia or intravenous sedation should refrain from driving a car or operating other machinery for 24 hours.

MEDICATIONS:

Antibiotics are sometimes prescribed during treatment. Please take as directed. Resume all other daily medications following surgery unless otherwise directed.

TEMPORARY PROSTHESIS:

Use and care of temporary prosthesis may vary. Each patient should follow the specific instructions given by the doctor.

NOSE BLOWING:

ABSOLUTELY DO NOT BLOW YOUR NOSE FOR TWO WEEKS AFTER SURGERY!!!!!!!!!!

PRESCRIPTION INFORMATION:

1. Narcotic medication (Codeine, Vicodin, etc.) may cause drowsiness, increased with alcohol intake. Do not drive a care or operate other machinery when taking.
2. Take penicillin on an empty stomach or 2 hours before or after meals.
3. Erythromycin should not be taken with Seldane or Hismanal and may affect asthma medication.
4. Antibiotics may render birth control pills ineffective. During their usage and for seven days there after, additional means of birth control should be used.
5. Ibuprofen contained medications should not be taken by aspiring allergic patients.